Employee Self-Monitoring Guidelines During COVID-19

To ensure the safety of all employees during this time, we are asking you to begin self-monitoring for symptoms of COVID-19. Please complete the following before coming into work.

**TAKE YOUR TEMPERATURE**
Before leaving your house, please check your temperature. Do not report to work if your temperature is 100.4°F or greater or if you are feeling feverish.

**CHECK FOR SYMPTOMS**
If you are experiencing a fever, cough, shortness of breath, muscle pain, sore throat, decrease sense of smell or taste or are feeling sick, stay home. Do not go to work. If needed, contact your medical provider.

**ASSESS ANY EXPOSURE**
If you think you may have been exposed to COVID-19 (by being in close contact with someone who had symptoms or tested positive) contact your medical provider.