



Employee self-checklist for coronavirus

Am I well enough to work? Yes No

How do I feel right now? _____

Do I have:

- Fever or chills Yes No
- Cough Yes No
- Shortness of breath or difficulty breathing Yes No
- Fatigue Yes No
- Muscle or body aches Yes No
- Headache Yes No
- Recent onset of loss of taste or smell Yes No
- Sore throat Yes No
- Congestion Yes No
- Nausea or vomiting Yes No
- Diarrhea Yes No

If you are suffering any of these symptoms, **take your temperature before leaving home**. If you have a **temperature of 100.4°F or higher then you cannot come in to work**.

Seek testing as soon as possible. You can find testing locations near you with this pdf:
www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/TestingSiteOnlineResources-LHJ.pdf

Seek testing if you come into contact with someone who is coronavirus-positive or presumptive positive, **you cannot come back to work**. Contact is defined as being within 6 feet (2 meters) for more than 15 minutes with a person or having direct contact with infectious fluids from a person with confirmed coronavirus.

If you have had a positive COVID-19 test in the past 10 days, or been told to self-monitor, self-isolate or self-quarantine within the past 14 days because of concerns of a possible infection from a public health or medical professional, you cannot come into work.

Contact your supervisor, provide information regarding your symptoms and/or exposure to the coronavirus and take all appropriate precautions to protect yourself as well as the health of others. **If you are sick, do not go into work.**