GUIDELINES TO SELF-CHECK FOR COVID-19

STEP 1

Before coming to work, ask yourself: Do I feel sick? Am I experiencing any of these symptoms?

Fever or Chills • Cough • Fatigue • Headache • Sore throat • Shortness of breath or difficulty breathing • New loss of taste or smell • Muscle or body aches

NO
I don't have symptoms → **GO TO WORK AS SCHEDULED**

YES
I have symptoms → **STAY HOME AND GO TO STEP 2**

STEP 2: Take the COVID Self-Checker

UNITED STATES – English: https://covid19healthbot.cdc.gov
UNITED STATES – Spanish: https://espanol.cdc.gov/coronavirus/2019-ncov/index.html
click "Autoverifique sus síntomas"

Please contact your manager immediately if instructed to stay home, to visit a Healthcare Provider, or to engage with Telehealth.

PLEASE NOTE: Associates may be required to take the Self-Checker upon arriving at the worksite or during the shift, if required by the state.

If a person develops any of these **EMERGENCY WARNING SIGNS** for COVID-19, call 911 and get medical attention immediately:

TROUBLE BREATHING, PERSISTENT PAIN OR PRESSURE IN THE CHEST, NEW CONFUSION OR INABILITY TO AROUSE, BLUISH LIPS OR FACE