Worker Self Monitoring at Home

Ensure your temperature is below 37.8°C/100.0°F and that you don't have multiple symptoms listed below before leaving home.

If you do have multiple symptoms listed below inform your supervisor, stay home, and contact a medical professional.

Name			Phone		Email		Job Title			Supervisor				
Date	Time	Temp	Symptoms (check if you have any of the following)											
			Subjective Fever	Cough	Sore throat	Shortness of breath	Congested/ Runny Nose *	Chills	Unexplained Muscle aches	Headache	Unexplained Fatigue	Abdominal Pain	Nausea or Vomiting	Diarrhea	Loss of smell or taste	Initial
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* Different from pre-existing allergies

Signature

Turn In Your Completed Form to Deputy Director Juliette Douglas Every Pay Day