

# Employee Self-Monitoring Guidelines during COVID-19

*as of March 25, 2020*

**To ensure all of our safety during the COVID-19 outbreak, all employees are being asked to begin self-monitoring for symptoms of COVID-19. We are asking you to complete the following **before coming to work.****

## TAKE YOUR TEMPERATURE



Before leaving your house, please check your temperature. **Do NOT report to work if your temperature is 100° F or greater OR if you are feeling feverish.** Please call your supervisor and Employee Health at **732-235-6559** if your temperature is in that range.

## CHECK FOR SYMPTOMS



Note the presence of any new symptoms, including cough, sore throat, fever or flu-like symptoms. **Do NOT report to work if you are experiencing new symptoms.** Please call your supervisor and Employee Health at **732-235-6559** if any of the above items apply to you.

## ASSESS ANY EXPOSURES



If you have any close contact or household members diagnosed with COVID-19, even if you do not have any symptoms:

- **If Employee Health is unaware, do NOT report to work.** Please call your supervisor and Employee Health at **732-235-6559** if any of the above items apply to you.
- If Employee Health is already aware and has spoken with you, ensure you are wearing a mask and following the directions from Employee Health related to returning to work.