

# Daily Self-Screening

## *Help Keep Yourself and Others Safe*

As everyone is aware, early recognition of COVID-19 symptoms can greatly reduce the risk of transmission of the disease from one person to the next.

Some of COVID-19's symptoms are widely known, and some are less common, but it is important that you think of **each of these** before coming in to work:

- Fever (temperature of 100 F or greater)
- Shortness of breath
- Dry cough
- Sore throat
- Runny nose or nasal congestion
- GI symptoms like nausea, vomiting or diarrhea
- Loss of sense of smell or taste
- Disequilibrium like dizziness
- Muscle aches
- General weakness
- Chills (sometimes with shaking)
- Headache



Please self-screen  
**every day**  
before coming to  
work at any  
company location.

And, of course, any recent unprotected close contact with a known positive COVID-19 patient.

If you are experiencing illness, including COVID-19 symptoms, you should stay home and away from the workplace or public environment and seek evaluation from your medical provider or a virtual visit healthcare service.

Please hold each other accountable for ensuring that no one is working while sick.

Thank you for your commitment to doing everything possible to keep our team, customers and guests safe!

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