



Guidance on Self-screening

By screening ourselves and our employees, we can lower the chance of COVID-19 transmission and maintain a safe environment for employees and visitors.

Here are 4 questions to ask each other at the start of each workday or shift:

1. How are you feeling? Do you have any of the following:

Fever or chills; Cough; Shortness of breath or difficulty breathing; Fatigue; Muscle or body aches; Headache; Recent loss of taste or smell; Sore throat; Congestion; Nausea or vomiting; Diarrhea

2. Have you been in contact with anyone in the past 2 weeks who you know had COVID-19 or any of the symptoms above?

'Contact' means being 6 feet or closer for more than 15 minutes with a person, or having direct contact with fluids from a person with COVID-19 (for example, being coughed or sneezed on).

3. Have you been to a gathering of more than 10 people in the past 2 weeks?

- a. Was it outside?
- b. Were you physically distant from others?
- c. Was everyone wearing a mask?

We know that gatherings of more than 10 people make it hard to stay physically distanced.

4. Has a medical professional told you or anyone in your household to self-monitor, self-isolate, or self-quarantine within the past 2 weeks?

>>> If you or any employee answers 'yes' to any of these questions:

Separate them from other people, evaluate more closely to assess exposure risk, and, if necessary, make a plan for them to stay at home until:

- **At least 10 days since symptoms first appeared and**
- **At least 24 hours with no fever without fever-reducing medication and**
- **Other symptoms of COVID-19 are improving** (Note: Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation)

For more information on screening: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/Employervisitorscreeningguidance.pdf>