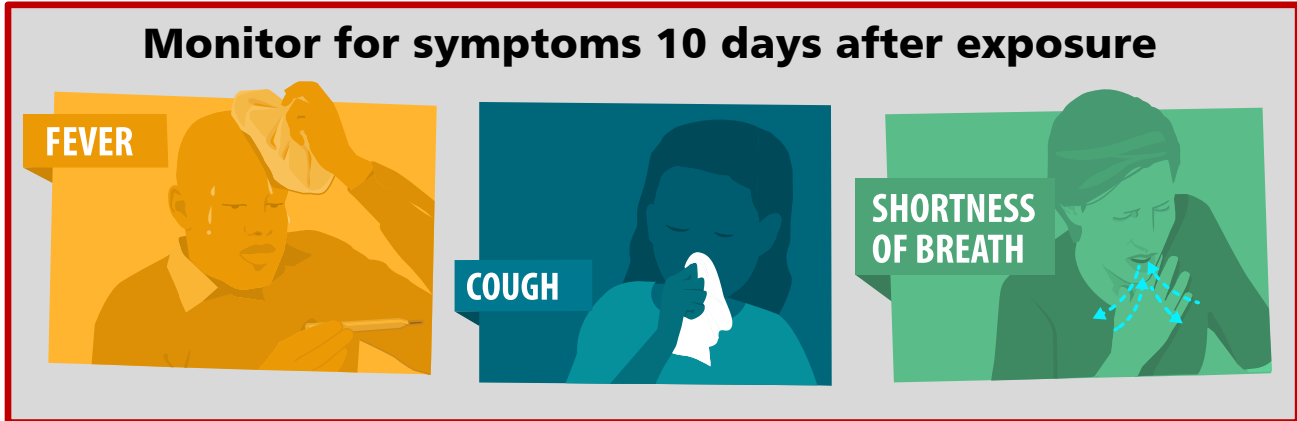


# Instructions for Self-Monitoring and Reporting

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Employees are to self-monitor, using the daily log provided:

- Take Temperature TWICE a day (AM & PM)



- Monitor for signs/symptoms of COVID-19 as follows:
  - FEVER
  - COUGH
  - SHORTNESS OF BREATH or DIFFICULTY BREATHING
  - LOSS OF TASTE or SMELL
- If an employee has abnormal temperature [GREATER THAN > 100.4°F or > 38.0°C] OR is experiencing symptoms of FEVER, COUGH, DIFFICULTY BREATHING or SHORTNESS OF BREATH, please immediately report it to LAWA's nurse by phone [\(424\)-646-5494](tel:424-646-5494) or email: [mmalabuyoc@lawa.org](mailto:mmalabuyoc@lawa.org).

In case of an abnormal reading and/or symptoms, **YOU MUST NOT** report to work.

Seek medical advice – call ahead before you go to a doctor's office or emergency room.

Follow the advice that you have received from your health care provider. If you have questions, or you start to feel worse, contact your health care provider.

PLEASE NOTE: Avoid taking medication that reduce fever prior to checking temperature readings, such as Tylenol, Ibuprofen, Aspirin. It is also advised to avoid drinking water immediately prior to checking your temperature reading.