



COVID-19 Self Screening

Employee Training
MODULE 4

**The information contained within is from CDC.gov unless otherwise noted*

A blue ribbon graphic with a folded end on the right side, containing the text "SELF-SCREENING" in white capital letters.

SELF-SCREENING

IMPORTANCE OF SELF-SCREENING

- Perform a self-health screening while you're at home, before you come to work.
 1. Check your temperature
 2. Check your symptoms on the next page, these are from CDC guidelines.
 - You can use the [symptom checker on the CDC website \(1/2 way down the page\)](#)

SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

- Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

Fever or chills	Headache
Cough	New loss of taste or smell
Fatigue	Sore throat
Shortness of breath or difficulty breathing	Congestion or runny nose
Muscle or body aches	Nausea or Vomiting or Diarrhea

EMPLOYER MONITORING

- As part of the COVID-19 regulatory response, employers should inform and encourage employees to self-monitor for signs and symptoms of COVID-19 if they suspect possible exposure. This includes taking employee's temperature.
- Your employer may ask employees to complete an online or on-paper tool to report health screenings.

A blue ribbon graphic with a folded end on the right side. The text "IF YOU'RE SICK" is written in white, uppercase letters across the center of the ribbon.

IF YOU'RE SICK

STAY HOME IF SICK

- If you have [symptoms](#) should notify their supervisor and stay home.
- Sick employees should follow [CDC-recommended steps](#).
 - Employees should not return to work until the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers.
- Employees who are well but who have a sick family member at home with COVID-19 should notify their supervisor and follow [CDC recommended precautions](#).

Notify Your Local Health Department

- Contact the local Amador County Health Department.

CONTACT INFORMATION	
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Business Hours:	Mon-Fri 8 AM - 5 PM, <i>closed 12:00-12:30 PM daily for lunch</i>