



## Employee Symptom Self Check Before Entering the Office

Before coming into the office, JPIA staff are required to conduct a self-check for possible symptoms of COVID-19. Review each item listed by the CDC as symptoms and consider if you are suffering from any.

Do you have:

- Fever (100.4+) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you checked any box, stay home and contact your Manager. If you are well enough, you may be able to work from home until symptoms are no longer present, per JPIA Return to Work After Infectious Disease Policy.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms appear on average 4-5 days after exposure to the virus, but as many as 14 days.