

**RETURN-TO-WORKSITE DAILY SELF-ASSESSMENT SCREENING (Rev.10)**  
**Sept. 28, 2020 – LA-UR-20-24754**

**Worker Instructions:** Each day before going to your worksite, please use the following Self-Assessment to help determine the risk of exposure to COVID-19 to yourself and to others. Also review the Personal Travel Instruction at the end of the assessment.

If you answer **YES, or are unsure how to respond** to questions 1–5, contact the LANL COVID-19 Hotline at 505-606-2667 before coming on-site. **DO NOT** come on-site until you have contacted the COVID-19 Hotline for guidance. If you answer **NO** to questions 1–5, report to your RLM that you have completed the Self-Assessment and are fit to come on site.

**Managers must not allow** an employee to work on site until the employee verifies that they have completed the Self-Assessment for that day.

**Note:** Once you have completed your initial return to work on site, you do not need to call the COVID-19 Hotline with responses to Question 5 unless your condition changes.

<b>Employee Daily Self-Assessment</b>		<b>Yes</b>	<b>No</b>
1.	In the past 14 days have you been within six feet of a person with a lab-confirmed case of COVID-19 for 10 minutes or longer, or had direct contact with their mucus or saliva?		
2.	In the past 14 days have you spent 10 minutes or longer within 6 feet of a person who is exhibiting any of the COVID-19 recognized symptoms listed in question 4, or has a COVID-19 test pending?		
3.	Do you have a COVID-19 test pending that was collected because you have symptoms or a suspected exposure risk?		
4.	In the last 48 hours have you experienced any of the following <b>NEW</b> symptoms?		
	Fever of 100 F or 37.8 C or above?		
	Felt feverish, sweating, chills, or repeated shaking?		
	Cough?		
	Shortness of breath or difficulty breathing?		
	Sore Throat?		
	Nausea, vomiting, or diarrhea?		
	Muscle or body aches not related to physical activity?		
	Fatigue that is not chronic or related to sleep disturbance?		
	Headache that is not chronic?		
	Loss of taste or smell?		
	Congestion or runny nose?		
5.	Do any of the following apply to you that you have not already reported to the LANL COVID-19 Hotline?		
	Age 65 or over?		
	Chronic lung disease including chronic obstructive pulmonary disease (COPD), moderate to severe asthma, pulmonary fibrosis, or cystic fibrosis?		
	Serious heart condition?		
	Immunocompromised state (weakened immune system) from organ transplantation; HIV; use of corticosteroids or other immune weakening medications?		
	Obesity (BMI > 30)?		
	Uncontrolled diabetes?		
	Uncontrolled hypertension?		
	Cerebrovascular disease?		
	Kidney failure requiring dialysis?		
	Sickle Cell disease?		
	Pregnancy		

**Personal Travel Instruction**

In the past 14 days, if you have traveled for personal reasons outside of the state of New Mexico (including domestic and international travel), contact your supervisor or manager to discuss whether you will need to quarantine or whether you will be allowed to come on site. If your manager requires you to quarantine, call the COVID hotline to report your isolation. If your manager allows you to work on site, you do not need to contact the COVID hotline.