

COVID-19 Return to Work Daily Self-Assessment – LA-UR-20-24754 (11/13/20)

Worker Instructions: Verify with your manager that you have completed this daily self-assessment every day before you come to work onsite at LANL.

If you answer **YES, or are unsure how to respond** to the questions below, you must contact the LANL COVID-19 Hotline at 505-606-2667 for guidance. **DO NOT** come on-site until you have received approval to come on-site from the COVID-19 Hotline.

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

Travel Related	
1.	Have you traveled out of state for personal or official business in the last 14 days and been told by your manager that you cannot work onsite?
Exposure to Others	
1.	In the past 14 days have you spent 3 minutes or longer closer than 6 feet from anyone that has recently had COVID-19, has experienced any of the symptoms noted below, or has a COVID-19 test pending?
2.	Have you attended a personal gathering of more than 5 individuals or a gathering with visitors from out-of-state?
3.	Other than in the course of conducting official onsite LANL business, have you had close contact with any out-of-state visitors from a state with a COVID positivity rate >5? (see https://cv.nmhealth.org/travel-recommendations/)
COVID-Like Symptoms/COVID Testing	
1.	Do you have a COVID-19 test result pending, or have you had a positive test for COVID-19 in the past 14 days?
2.	Have you experienced a fever of 100.0 or higher in the past 24 hours?
3.	Have you experienced any of the following NEW symptoms in the past 48 hours?
	a. Fever or chills
	b. New loss of taste or smell
	c. Cough
	d. Shortness of breath
	e. Fatigue
	f. Muscle or body aches
	g. Headache
	h. Sore throat
	i. Congestion or runny nose
	j. Nausea, vomiting or diarrhea
High Risk Conditions	
	If you have any of the high risk medical conditions listed by the CDC, and/or are over the age of 65 and <i>have not previously contacted the LANL COVID Hotline to discuss medical recommendations</i> , you must do so before you come to work onsite. Below is a list of CDC recognized conditions that will increase your risk of severe illness from COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fneed-extra-precautions%2Fgroups-at-higher-risk.html :
	Cancer (under active evaluation or treatment)
	Chronic kidney disease
	Chronic obstructive pulmonary disease (COPD)
	Heart conditions such as heart failure, coronary artery disease, pulmonary hypertension
	Weakened immune system from solid organ, blood or bone marrow transplantation; HIV; use or corticosteroids; or use of immune weakening medicines
	Sickle Cell Disease
	Uncontrolled diabetes
	BMI \geq 30
	Pregnancy
	Smoking