

Self- Monitoring for COVID-19 Symptoms

For the next two week you will:

- Take Temperature twice a day
- Look for changes in respiratory symptoms, such as:
 - Sore Throat
 - Cough
 - Shortness of Breath
- Note any other symptoms: headache, etc.

When to Report Symptoms:

- Temperature 100.0 or higher
- Development/changes in respiratory symptoms, such as:
 - Sore throat
 - Cough
 - Shortness of Breath

NOTE: IF SYMPTOMS DEVELOP WHILE AT WORK, PUT ON A MASK IMMEDIATELY. LIMIT CONTACT WITH OTHERS AND CONTACT OCCUPATIONAL HEALTH OR HOUSE SUPERVISOR.

WHO TO REPORT TO:

Monday through Friday 0700-1530: Report to Occupational Health

- Kelsey Dixon BSN, RN; Director: 573-458-7162
- Leigh Maxwell CIC, RN: 573-458-7158
- Erica Brady, LPN: 573-458-7167

Email: Wellness@phelpshealth.org

All other days/hours- report to the House Supervisor: 573-458-7922

Inform the House Supervisor that you are self-monitoring for COVID-19 and that the Occupational Health Director needs to be contacted immediately.