



## ALASKA DOC EMPLOYEE SELF-SCREEN FOR COVID-19

EFFECTIVE 05/05/2020

Your health and well-being are of the utmost importance and we are taking measures to keep the office a safe environment for employees, individuals under our charge, and the public. Therefore, anyone coming into a Department of Corrections office must affirm the following:

1. I do not have symptoms of respiratory infection (fever, persistent cough or shortness of breath).
2. I do not have *two* or *more* of the following: chills, diminished sense of taste or smell, diarrhea, fatigue, headache, muscle/joint aches, nausea/vomiting, runny nose, sore throat, or sputum (mucus) production?
3. In the past 14 days I have not cared for or been in close contact with someone with suspected or confirmed COVID-19. (*Note: Close contact is defined as within 6 feet for more than 10 minutes without wearing personal protective equipment*)
4. My temperature is at or below 100.4° F. (*I understand that until further notice I must take my temperature daily before reporting to the office*).
5. I understand that if I have been tested for COVID-19, I may not return to work unless:
  - a) I have received negative results and meet the return to work criteria; OR
  - b) The testing was part of an asymptomatic broad-based screening during a contact investigation AND I have no symptoms; OR
  - c) I have tested positive AND I have been cleared in accordance with guidance provided to me by public health staff.

### RETURN TO WORK CRITERIA

- 1) at least 10 days have passed since symptoms first appeared; AND
- 2) at least three days (72 hours) have passed since resolution of fever without the use of fever-reducing medication; AND
- 3) improvement in cough and shortness of breath (if part of illness).

*NOTE: The same criteria apply if a COVID-19 test comes back negative or if the employee was not tested for COVID-19.*

Employee Name

Signature

Date