### Worker Instructions: Complete this Daily Self-Assessment every day before you come to work on-site at LANL.

#### COVID-Like Symptoms/COVID Testing

If you answer “YES” to any questions in this section (#1 thru #3 below) or you are unsure how to respond, you must contact the LANL COVID-19 Hotline at 505-606-2667 for guidance. DO NOT come on-site until approved to do so by the COVID-19 Hotline.

1. Do you have a COVID-19 test result pending that was collected for COVID-like symptoms that you have not reported to the LANL COVID-19 Hotline?

2. Have you received positive test results for COVID-19 in the past ten days that you have not reported to the LANL COVID-19 Hotline?

3. Have you experienced any of the following NEW symptoms in the past ten days?
   a. Fever or chills
   b. Temperature of 100.0 degrees F or higher
   c. New loss of taste or smell
   d. Cough
   e. Shortness of breath
   f. Fatigue
   g. Muscle or body aches
   h. Headache
   i. Sore throat
   j. Congestion or runny nose
   k. Nausea, vomiting or diarrhea

#### Exposure to Others

In the past ten days, have you had an unreported exposure (three minutes or longer, closer than six feet) to anyone diagnosed with COVID-19 within the ten days before or the three days after your exposure? If “YES”, you must follow the applicable directions below.

4. a. If you have symptoms, immediately isolate from the workplace and contact the LANL COVID-19 Hotline.
   b. If you do not have symptoms and are up to date on your vaccinations (i.e., you are up to date with your COVID-19 vaccines when you have received all doses in the primary series and one booster when eligible), contact your Responsible Line Manager (RLM).
   c. If you do not have symptoms but are NOT up to date on your vaccinations) and have not tested positive for COVID-19 in the previous 90 days, immediately isolate from the workplace and contact your RLM.
   d. If you were exposed to COVID-19 and have no symptoms and have been released from isolation after a confirmed positive COVID-19 test within the past 90 days using a viral test, isolation is not required. Contact your RLM to report the exposure and work remotely if possible. If you must work on-site, wear an effective mask until the ten-day observation period is completed.