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. 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.

   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., have received all CDC recommended booster doses for which you are eligible), contact your Responsible Line Manager (RLM).

   c. If you do not have symptoms but are NOT up-to-date on your vaccinations (i.e., have NOT received all CDC recommended booster doses for which you are eligible), and have not tested positive for COVID-19 in the previous 90 days, immediately isolate from the workplace and contact your RLM.