**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.

- 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 any boosters 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) 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.