

COVID-19 Temperature Taking & Logging Protocols for Essential Employees



1. Record temperatures 2x per day, morning and night
2. Keep log of date, recorded temperatures, and any symptoms (dry cough, difficulty breathing, aches)
3. If fever is **100.4°F/38°C** or higher, immediately quarantine and call **UHSM Telehealth at 1-844-485-7150**

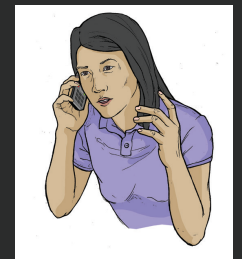
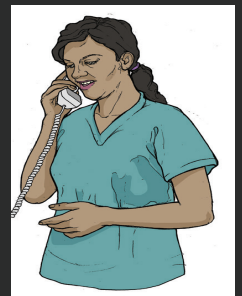


PLEASE NOTE:

If you record high temperatures or other signs of COVID-19 the UHSM Telehealth team is standing by to help screen and direct you to testing, as needed.

If you are directed to get testing, follow the directions in the 14-day quarantine order and any additional directions provided by your local health department and the U.S. government. Immediately you should:

- Keep your distance from others
- Avoid crowded places
- Do not take public transportation, taxis, or ride-shares
- Stay home and self-monitor for 14 days unless directed to a health care facility



DAY	DATE	SYMPTOMS	TEMP
DAY 0		Day 0 is the day you tested for COVID-19	
DAY 1			
DAY 2			
DAY 3			



Call 911 if you have a medical emergency. If you are experiencing symptoms of COVID-19, call 1-844-485-7150.

UHSM is NOT an insurance company nor is the membership offered through an insurance company. This document is not intended as medical, legal or regulatory advice. Always consult your own HR, legal, regulatory and medical professionals.