



# HAVE YOU COMPLETED YOUR HEALTH CHECK TODAY?

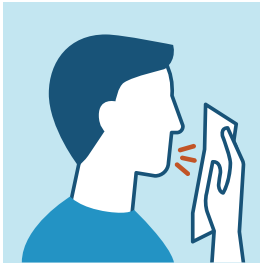
Our commitment to the safety and well-being of our colleagues, customers and communities begins with you.

Each day, **BEFORE** coming in to work, please do a personal wellness check.



**1. Take a moment to assess how you are feeling.**

Do you feel completely healthy?



**2. Are you experiencing:**

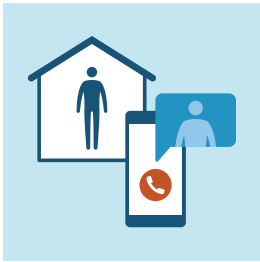
- A cough
- Shortness of breath or difficulty breathing

**And at least two of the following:**

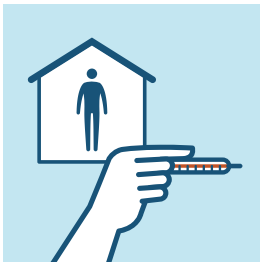
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



**3. Please take and record your temperature.**



**4. If you register a fever (above either 100.4°F or 37.8°C) or answered positively to #2, please notify your manager, remain at home and contact your medical provider.**



**5. You will need to stay home until your temperature has remained below either 100.4°F or 37.8°C for at least 72 hours and you are symptom-free, without the use of fever-reducing or other symptom-altering medicines.**