OKLAHOMA DEPARTMENT OF HEALTH EMPLOYEE SELF CHECK

Employees should do health checks every morning and every night:

1. Take your temperature twice a day.

Before you take your temperature:

- Wait 30 minutes after eating, drinking, or exercising.
- Wait at least 6 hours after taking medicines that can lower your temperature, like:
 Acetaminophen
 Ibuprofen
 Aspirin

2. In addition to fever, be alert for any other symptoms of COVID-19, including cough or difficulty breathing.

3. If you have fever (fever is 100.4°F/38°C or higher), cough, or trouble breathing:

- Call your employer (**DO NOT** go into work if you are displaying symptoms)
- Do not go out in public
- Avoid contact with others
- Call your physician to alert them of your concerns (fever, coughing, difficulty breathing). Get instructions from the physician's office on the process/procedure for arriving at the clinic prior to leaving your house.

Write your temperature and any symptoms in the log included in this sheet.

| Date | Time | Temperature AM | Temperature PM | Symptoms (if present) |
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1. Turn the thermometer on by pressing the button near the screen.





2. Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.

3. Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever.





4. Write your temperature in the 14-Day Symptom and Temperature Log in this booklet.

5. Clean your thermometer with soap and water and dry it well.

PLEASE NOTE: For infants and children younger than 4 years old, use an age-appropriate thermometer such as an ear thermometer. If you do not have one, use a regular thermometer by placing it under the child's arm in the center of the armpit.

For the armpit method, if the child's temperature is 99.4°F/37.4°C or higher, they have a fever. Tell the public health worker that you are taking the child's temperature this way.