

# MAF Daily, Personal COVID-19 Checklist

As Michoud proceeds with our mission during this pandemic event, it is imperative that team members who continue to work on-site remain vigilant in self-monitoring to minimize potential COVID-19 exposure. To that end, we are asking ALL team members coming on-site to self-administer the following checklist before traveling to work each day:

**1. Do you currently have any of the following symptoms?**

- a. Fever or chills (Take your temperature. Temperature greater than 100.4 F oral is grounds to stay home and seek the advice or care of a medical professional.)
- b. Headache
- c. Cough
- d. Sore throat
- e. Shortness of breath
- f. Loss of taste or smell
- g. Muscle pain
- h. Congestion or runny nose
- i. Nausea or vomiting
- j. Diarrhea

Direction if “Yes” – Do not come to work. Notify supervisor and follow appropriate CDC guidelines\* for care.

NOTE: If an employee develops MILD symptoms, (such as a mild cough or mild sore throat) but does NOT have fever or a history of contact with a COVID-19 case, the employee must stay home and remain fever free for 3 full days without taking fever reducing medication; or provide documentation from their medical provider indicating current symptoms are related to pre-existing conditions (e.g. allergies, asthma, etc.); or tests negative for COVID-19 before returning to site. The co-workers will not be self-isolated unless symptoms worsen, or the employee is diagnosed with COVID-19. This is especially true if the employee has an underlying condition, such as allergies or asthma, that routinely produces these symptoms. However, the employee’s supervisor has the authority to exercise extra caution and self-isolate additional personnel if there are extenuating circumstances (for instance if the employee has had recent travel or if there are coworkers that have high risk factors)

**2. Have you had close, personal contact with anyone diagnosed with COVID-19 in the last 14 days (all contacts -- public, friends, family, work)?**

- a. Within 6 feet for more than 15 minutes
- b. Direct contact with infectious secretions (coughed/sneezed upon)

Direction if “Yes” – Do not come to work. Notify supervisor and self-isolate for 10 days from last date of exposure and follow guidance in the [return to work protocol guidelines](#) section. If symptoms described in No. 1 (above) begin, follow appropriate CDC guidelines\* for care.

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### 3. Have you traveled internationally within the past 10 days?

Direction if “Yes” – Do not come to work. Notify supervisor and please review the section on [international travel](#).

We again ask that all Marshall and Michoud team members who are accessing the site daily continue to practice all appropriate self-care routines (social distancing, hand washing, limit face touching, etc.) to minimize the potential for exposure while on-site.

\*CDC Guidelines For What To Do If You Are Sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

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