Self-screen sign-in sheet

Working as an essential worker during Covid, it's easy to jump into our day-to-day shift without taking pause. The purpose of this sign in sheet is to give time and space after you arrive at work and before you start working to check in with yourself and ask if you are experiencing any flu-like symptoms.

By signing this, I have stopped and screened myself for symptoms as I start my shift.

I do not feel sick.
I do not have a fever.
I do not have two or more of the following: cough, fever, body aches, shortness of breath.

Date	Name	Signature