

VEDLEGG 4: Informasjonsskriv

Coronavirus Disease 2019 (COVID-19)

Self-Quarantine Guide

1. Take your temperature with a thermometer at least two times a day and watch for cough or difficulty breathing 14 days before travel to work
2. Do not take public transportation, taxis, or ride-shares.
3. Keep your distance from others (about 1 meter).
4. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call your crew coordinator
5. If you need to seek medical care for other reasons, call ahead to your doctor and tell them about your self-quarantine.

How to self-monitor:

1. Do health checks every morning and every night-
2. Take your temperature
3. In addition to fever, be alert for any other symptoms of COVID-19, including cough or shortness of breath.
4. Write your temperature and any symptoms in the log.
5. Immediately contact your crew coordinator in case your temperature goes above 37.5C

Self-monitoring Template:

Write your symptoms and temperature in the space below every day for 14 days:

Day 0 Start of Self-monitoring, Date:							
Day	Date	Temp	General Condition	Day	Date	Temp	General Condition
1				8			

2				9			
3				10			
4				11			
5				12			
6				13			
7				14			

Employee signature / Date	Travel destination
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