

HRE Temperature Monitoring Instructions & Daily Log



This document provides instructions and a daily log for ConocoPhillips Alaska employees who are considered Higher Risk Employees (HRE's). HRE's shall self-monitor for illness as a proactive measure to ensure early identification of illness and proper follow up by completing twice-daily health checks. It may take a person up to 14 days to show symptoms after being exposed to the COVID-19 virus. Outlined below are the steps required to appropriately monitor for illness:

Perform health checks every morning and every night:

- Take your temperature twice daily (morning and evening). A thermometer can be obtained at the Alpine/Kuparuk Medical Clinics to complete screening if you do not have a personal thermometer.
- Maintain social distancing from others (about 6 feet or 2 meters).
- Report immediately to COPA Medial Clinic any COVID-19 related symptoms, including:
 - Fever
 - Cough
 - Shortness of breath or breathing difficulties
- Write the date, your temperature and any symptoms in the provided log.

If you have a fever (100.4°F/38°C or higher) or another symptom:

- Call the onsite Medical Clinic to report your symptoms consistent with COVID-19 which you identified through self-monitoring.
 - Alpine Clinic Phone #: 907-670-4100
 - Kuparuk Clinic Phone #: 907-659-7230
- Follow direction given by on site medical staff.

Steps to help you avoid exposure to COVID-19:

- Avoid contact with others.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.
- Wash your hands with soap and water immediately after coughing, sneezing, or blowing your nose. An alcohol-based hand sanitizer that contains 60% - 95% alcohol is an acceptable alternative.

Important Reminders:

- 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, such as:
 - Acetaminophen, also called paracetamol (e.g. Tylenol)
 - Aspirin
- Follow current guidelines of public health agencies such as the Centers for Disease Control and Prevention (CDC) and the advice of your personal health care provider.