



HILCORP Health Log

Updated 11/18/2020

Visit HAKcovidtravel.hilcorp.com for the most current requirements and information!

Name: _____ Employer: _____ Work Location : _____

Date (MM/DD/YY) you travel to site: _____ Were you outside AK in the 14 days before you travel to your worksite? YES NO

Why are you keeping this log (select one):

- Work Location Health Log (health log while at worksite)
- In-State traveler (complete for up to 14 days immediately prior to returning to work from within AK)
- L48 traveler (complete log for up to 14 days , complete Work Location Quarantine, & have a negative result from an approved COVID-19 test)
- Other (Office based worker that may need to travel, etc)

INSTRUCTIONS FOR COMPLETION OF HEALTH LOG

This log is required to be completed in accordance with the State approved HAK COVID-19 Community-Workforce Protective Plan (CWPP), while in effect, to access all remote field locations. You must:

1. Complete this log while off site for up to the 14 days before traveling to a Hilcorp worksite (i.e. 14 days for 2x2 or greater, 7 days for 1x1) and while on shift as required by the CWPP.
2. A daily temperature reading is **required** to be recorded, even for in-State workers.
3. Practice social distancing at home or at work as required by the CWPP
 - a. Social Distancing at home means you keep your physical distance (about 6 ft.) from others, minimize the number of people you interact with / "keep your bubble small", avoid crowded places where you cannot control your distance from others (shopping centers, movie theaters, concerts, buses, subways, etc.), and large gatherings except as necessary to travel to your work location.
 - b. Social Distancing at Work means you keep your physical distance (about 6 ft.) from others in camp setting, avoid mixing with other work groups / crews unless necessary, and as much as practical for your specific job maintain > 6' separation while working including in control rooms, during meetings, and during trainings, as well as limit meeting attendance and keep them < 15 minutes when possible.
4. Monitor yourself for signs of COVID-19 which include:
Fever, cough, and shortness of breath, loss of sense of taste/smell, gastrointestinal symptoms including diarrhea, sore throat, congestion, headache, or **feeling unwell**.

Please retain completed Health Log to provide to medical provider if you become ill while at work.

Date (MM/DD)	Social Distancing at Work & Home?		Mask Use at Work & Home*		Attend any large gathering (> 20ppl)?*		Required Daily Temp. Reading	COVID - 19 Symptoms		General Comments / Additional Information
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	
	Yes	No	Yes	No	Yes	No		Yes	No	

Approved COVID-19 Tests for Travel / Site Access Process: molecular-based SARS-CoV-2 tests which detect the presence of viral RNA (genes) including: Reverse transcriptase Polymerase Chain Reaction (rt-PCR, for example: TaqPath used by Sterling Check/Vault, Cepheid GeneXpert, KingFisher System, ABI 7500 system), Transcription Mediated Amplification (TMA, for example: Hologic Panther system), and Isothermal Nucleic Acid Amplification (for example: Abbott ID-NOW). Antigen and Antibody tests are NOT approved at this time. Return-to-work testing may be limited to rt-PC type tests.

* These new questions serve as a daily reminder of two effective actions (wearing a mask & avoiding gatherings) you can take to avoid contracting & spreading COVID-19.