

IBM SELF-SCREENING QUESTIONNAIRE

1. Have you traveled to these [areas/countries impacted by the novel coronavirus \(COVID-19\) outbreak](#) in the last 14 days OR have been in close contact with a person confirmed to have a novel coronavirus (COVID-19) infection? If yes,
 - a. Do self-quarantine for 14 days **Refrain from going into any IBM location or client site during this period and advise your manager of your status.**
 - b. Seek medical care right away if you experience any symptoms. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
 - c. Avoid contact with others.
 - d. Not travel while sick.
 - e. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
 - f. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer that contains at least 60% alcohol, if soap and water are not available.

2. Do you have any of the following symptoms?
 - a. Cough
 - b. Fever
 - c. Shortness of breath
 - d. Difficulty of breathing or other respiratory symptoms

If you answer yes to any of these, you should not go into any IBM location, client site or participate in onsite business events/meetings. You should seek medical care right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and/or symptoms.

Reminder:

If at any point you experience any flu-like symptoms like fever, cough, shortness of breath, difficulty of breathing or tiredness, you should seek immediate medical attention.