

Ways to Protect Yourself From EAMP

- When you go to the doctor, request a doctor's note. Keep this in your personal file at home until needed.
- If you would not normally go to the doctor for a 24 hour virus, keep a log at home of when you were ill.
- Do not submit your doctor's notes until after the 8th absence when all other components of the EAMP process have been followed.
- If you are out because of ill family members, make sure to document this as well. If you are able to get a note from a family member's doctor then you should do so.
- Call TABCO if you believe you are being treated unfairly.