

DAILY HEALTH CHECK

Since COVID-19 spreads so rapidly, it is essential that students (or their caregiver) and staff conduct a daily health check PRIOR to going to school which should include a temperature and symptom assessment. Students or staff should stay home, if they have a temperature of 100°F OR cough, shortness of breath or difficulty breathing OR any TWO of the following symptoms OR any ONE of the following symptoms AND the student or staff had close contact or potential exposure to a person with confirmed COVID-19.

Symptoms

- Temperature 100°F or higher or chills
- Sore throat
- Congestion or runny nose
- **New uncontrolled cough** (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
- Shortness of **Breath** or difficulty breathing
- Diarrhea or abdominal pain
- Nausea and/or vomiting
- Fatigue
- Muscle or body aches
- New onset of severe headache, especially with a fever
- Loss of taste or smell

Close Contact/Potential Exposure

- Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19. Symptoms may develop 2-14 days after exposure.