

COVID-19 DAILY SYMPTOM CHECKLIST

- You do not always know which people have a chronic illness or underlying health condition that increases their risk for serious consequences from Covid-19. By monitoring your family for symptoms and keeping your potentially sick family member home from school or work, you are helping to protect every child and adult in our community.
- If you are having difficulty with at home symptom checks or temperature taking, please contact the school to make other arrangements.

**If you answer "YES" to any of the below questions,
please refer to the instructions on the back of this form**

		NO	YES
Please record your temperature here _____ • Is your temperature 100.4 F or greater?			
Have you been exposed to someone with COVID-19 in the past 14 days?			
Do you feel ill?			
Do you have:		NO	YES
• Cough			
• Difficulty breathing			
• Sore Throat			
• Congestion or runny nose			
• Muscle or Body Aches (not associated with exercise)			
• Fatigue			
• Headache			
• Chills			
• New loss of taste or smell			
• Nausea or Vomiting (unrelated to anxiety or eating)			
• Diarrhea			

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If the staff/student has answered YES to one or more of the Daily Symptom Check questions, then they should STAY HOME, CONTACT THE SCHOOL, and follow up according to one of the following:

- A.** If the staff/student answered YES to one or more of the Daily Symptom Check questions and they followed up with a **Covid- 19 test that had a negative result**, then they may return to work/school when the following conditions are met:
- Symptoms are resolving (not necessarily completely resolved)
 - Fever free for 24 hours without the use of fever reducing medications
 - 24 hours without an incidence of diarrhea
 - Submission to school of negative Covid- 19 test
- B.** If the staff/student answered YES to one or more of the Daily Symptom Check questions and they followed up with a **Covid- 19 test that had a positive result**, then they may return to work/school when the following conditions are met:
- It has been 10 days since the onset of symptoms
 - Symptoms are resolving (not necessarily resolved)
 - Fever free for 24 hours without the use of fever reducing medications
 - 24 hours without an incidence of diarrhea
- C.** If the staff/student answered YES to one or more of the Daily Symptom Check questions and **they have not had a Covid- 19 test**, then they should consult their healthcare provider who will decide if they are a candidate for Covid- 19 testing.
- If the physician recommends testing, then depending on the result of the test, see A or B above.
 - If testing is not recommended by their healthcare provider, then staff/student may return to work/school when the following conditions are met:
 - Symptoms are resolving (not necessarily completely resolved)
 - Fever free for 24 hours without the use of fever reducing medications
 - 24 hours without an incidence of diarrhea
 - Submission to school of physician note stating the Covid-19 test not needed
- D.** If the staff/student answered YES to one or more of the Daily Symptom Check questions and **they have not had a Covid test and have chosen not to contact their healthcare provider**, then they may return to work/school when the following conditions are met:
- It has been 10 days since the onset of symptoms
 - Symptoms are resolving (not necessarily resolved)
 - Fever free for 24 hours without the use of fever reducing medications
 - 24 hours without an incidence of diarrhea

Please contact your school health office if you have any questions or concerns. Seek medical attention if your Covid- 19 symptoms become severe, including persistent chest pain or pressure in the chest, confusion or bluish lips or face.