



# Daily Health Checklist 2021-2022



Please help us protect the health and safety of all students and staff by conducting health screenings for COVID-19 symptoms at home before coming into school each day.

Do you have:

- **Fever (100.0°F or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle aches or body aches**
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, *when in combination with other symptoms*
- Nausea or vomiting or diarrhea, *when in combination with other symptoms*
- Headache, *when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies), *when in combination with other symptoms*

If you develop any of the above-mentioned symptoms, ensure that you 1) isolate immediately 2) avoid contact with others 3) remain at home until the symptoms subside or medically cleared by a health professional and 4) seek medical attention.

Have you had close contact with an individual diagnosed or suspected positive of COVID-19 within the past 14 days?

*A close contact is someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.*

Have you been asked to self-isolate or quarantine by a doctor or health official?

**CHECK THIS LIST EACH DAY BEFORE COMING TO SCHOOL. IF ANY ITEM ABOVE HAS BEEN CHECKED, PLEASE STAY HOME AND NOTIFY THE SCHOOL NURSE IMMEDIATELY.**

**OF NOTE**

Have you recently been in a crowded setting, indoors or out, without a mask and adequate distancing?

*Attending large events (like concerts and games) -- even if outdoors -- or traveling on crowded planes increases the chances of being exposed to someone with COVID. With the onset of more highly contagious strains, individuals should be monitored in case symptoms develop for 14 days after being in crowded public settings and/or consider being tested.*

**Thank you for helping to keep our entire community safe!**

