

DAILY Wellness Checklist

Please keep this checklist available and observe your student(s) every morning before going to school for the following symptoms:

Section 1- Symptoms

- Fever (temperature of 100 degrees F or higher)
- Headache
- Sore Throat
- Cough
- Fatigue (extreme tiredness)
- Chills or body aches
- Runny nose/congestion
- Loss of taste or smell ("breakfast doesn't taste right")
- Nausea/vomiting
- Diarrhea



Section 2

- Has your student been in close contact (within 6 feet of for at least 15 minutes) with a confirmed COVID-19?
- Has your student traveled to or lived in an area where there are large numbers of COVID-19 being reported?
- Does anyone in your house have to quarantine currently for possible exposure to COVID-19?

If your student(s) exhibit any of these symptoms or you answer yes to ANY of the questions in Section 2, please keep them home and contact the school nurse for further instructions. Students with any of the symptoms listed above must stay home until the symptoms are improving and they are fever free without medication for 48 HOURS.

Nurses office (870) 574-01963

Elem School Nurse Elizabeth Gray

High School Nurse Kimberly Crews

We appreciate your cooperation in helping us maintain the health and safety of every student, teacher, and staff member in our district.