



## Daily Health Assessment for Students

Due to the highly infectious nature of COVID-19, it is recommended that parents and/or guardians complete a daily health assessment before sending their student to school. This daily health assessment should not take the place of seeing your healthcare provider to diagnose or treat any type of condition your student may have. This assessment is based on guidance provided by the Centers for Disease Control and Prevention (CDC).

If the answer is **YES** to any of the questions below, please keep your student **HOME** and follow these steps:

- Notify student's home school
- Consult with your physician for guidance

### Exposure:

Have you been within **six feet** and/or had **direct** (face to face) contact 15 minutes or longer with a medical provider confirmed or suspected case of COVID-19 in the past 14 days while not wearing a mask? This includes individuals living in your home.

- YES
- NO

### Symptoms:

Do you have one or more of these symptoms?

- Fever (**Temp 100°F/38°C or greater**)  
\*\*Please check student's temperature daily before sending to school.
- New cough/congestion
- New shortness of breath or difficulty breathing
- New chills
- New muscle aches/body aches
- Sore throat
- Headache
- Diarrhea
- Nausea/Vomiting
- New/Recent loss of taste or smell

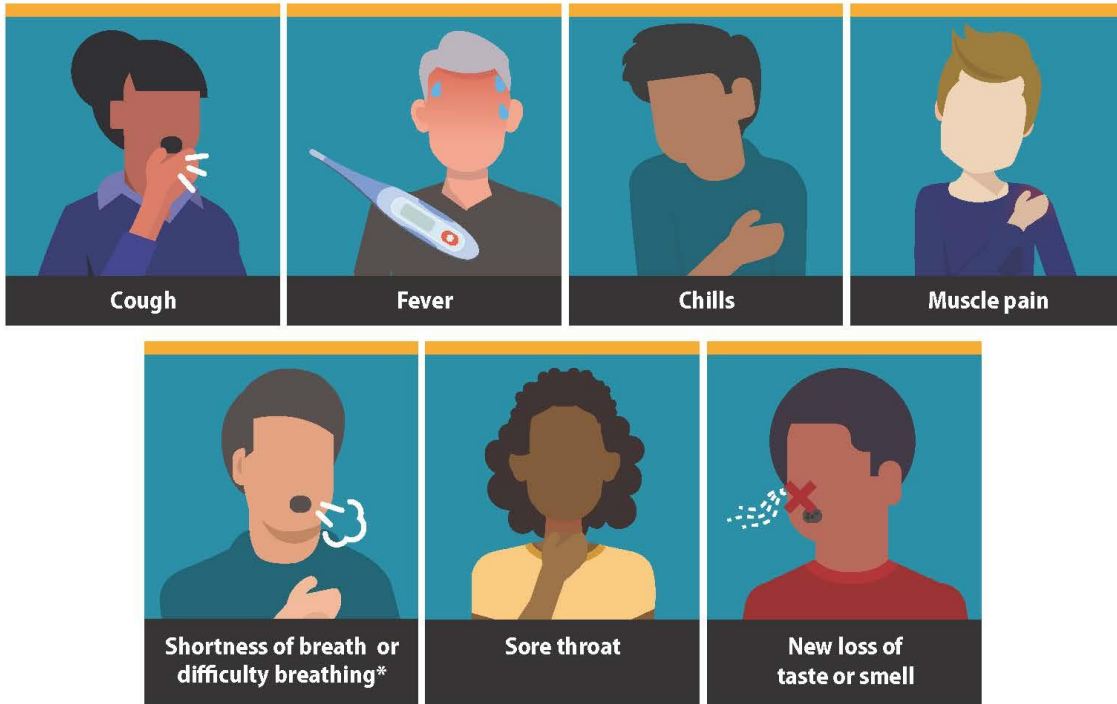
If your student has any of the above symptoms, speak to your health care professional for guidance. **STAY HOME and DO NOT COME TO SCHOOL** until at least 24 hours fever free without the use of fever-reducing medication, or physician release to return to work/school. The student will then be required to wear a mask for the next 48 hours after the 24-hour fever free period as an additional precaution if they choose to return to school, additionally no symptoms of respiratory infection, (seasonal allergies or asthma not included). This applies regardless of whether or not you have been tested for COVID-19.

**PLEASE NOTE: CALL 911 FOR ANY AND ALL MEDICAL EMERGENCIES AND CONTACT YOUR HEALTH CARE**

July 7, 2020

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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# COVID-19: Quarantine vs. Isolation

**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.



**If you had close contact with a person who has COVID-19**



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



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**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



**If you are sick and think or know you have COVID-19**



- Stay home until after
  - 3 days with no fever and
  - Symptoms improved and
  - 10 days since symptoms first appeared



**If you tested positive for COVID-19 but do not have symptoms**



- Stay home until after
  - 10 days have passed since your positive test.



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

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