



## COVID-19 DAILY HEALTH SCREENING & RESOURCE FORM

### Every morning, screen your student for the following symptoms:

- Fever (100.4 or greater)
- Cough
- Muscle or body aches
- Shortness of Breath
- Sudden Loss of Taste or Smell
- Unusual fatigue
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or Vomiting
- Diarrhea

**If your student has ANY of the symptoms above:**

**Keep your student home from school.**

**Call the school right away and report the reason for absence.**

The office staff will provide instructions and confirm your student's anticipated date of return.

**If you know your student was exposed to someone with COVID:**

**Keep your student home from school.**

**Call the school right away and report the reason for absence.**

The office staff will provide instructions and confirm your student's anticipated date of return.

**When you call to report your student's absence for illness or exposure, the school will provide instructions depending on the situation.**

### 24 Hour Rule

If your student had only **ONE** symptom from the following list for LESS THAN 24 hours: *fatigue, headache, sore throat, congestion, runny nose, nausea, vomiting or diarrhea* your student may return to school the next day if the symptom lasts less than 24 hours without the use of medication.

If your student's symptoms persist, keep them home and notify the school.

### 5 and 10 Day Rules

5-day versus 10-day quarantine (for an exposure)

An unvaccinated student identified as a close contact may return to school after 5 full days of quarantine **IF** the student gets tested for COVID-19 no sooner than the 5<sup>th</sup> day after exposure, received a negative result, **AND** has no symptoms.

Quarantined students who opt out of testing will remain in quarantine through the 10<sup>th</sup> day after exposure and return on the 11<sup>th</sup> day.

5-day isolation (for illness)

If your student has been diagnosed with COVID, they must stay home for at least 5 full days and until they are well. Symptomatic students who have not received negative PCR test result for COVID must stay home for a full 5 days before returning.

**Please report all test results to the school**