

Daily Symptom Checklist

for

Lebanon Public Schools Students and Staff

Anyone showing symptoms of COVID-19 or who have been exposed to COVID-19 should not be at school.

1. Does the person have any of these symptoms?

Primary Covid-19 Symptoms:

- Fever of 100.0 or above
- Feeling feverish
- Chills
- Uncontrolled New Cough
- Shortness of Breath
- Difficulty Breathing
- New Loss of Taste and Smell

Secondary Covid-19 Symptoms:

- Muscle Pain
- Sore Throat
- Fatigue
- Nausea/Vomiting
- Diarrhea
- Congestion/Runny Nose

If a person has any of these symptoms, they should stay home, stay away from other people, and consider calling their health care provider.

Seek emergency care for: Trouble breathing, New confusion, Inability to wake or stay awake, Bluish lips or face, Persistent pain or pressure in the chest.

2. Has the person had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed or suspected of having COVID-19?

☐ No

☐ Yes - This person should not be at school. They should quarantine for 7 days after the last contact. They should get tested on/after day 5.

- People who are fully vaccinated do NOT need to quarantine after contact with someone who has COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms, and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

3. Since they were last at school, has this person traveled out of state?

- ☐ No
- ☐ Yes - Please see [CT.Gov/travel](https://www.ct.gov/travel).

4. Since last at school, has this person been diagnosed with COVID-19?

- ☐ No
- ☐ Yes - If a student or staff member is diagnosed with COVID-19 based on a positive test, or based on their symptoms, they should not be at school and should stay at home until they meet the criteria below.

Returning to School

COVID Symptoms/No test/or Positive Test

- Out 10 days from the day symptoms began.
- 24 hours have passed since temp returned to normal with no fever-reducing medication.
- Symptoms have improved

Positive COVID-19 test/ no symptoms

- They should remain out of school until 10 days have passed since the date of the positive test.

Pending Test Results

- If tested, do not return to school until test results are final.

Routine Illness: With no known travel history or close contact, no primary Covid-19 symptoms (Subject to change with school or community COVID spread)

- Follow routine school guidelines:
- 24 hours fever free (without fever-reducing medication)
- 24 hours after vomiting or diarrhea have stopped
- 24 hours after starting an antibiotic (ex.for strep throat)
- Feeling better and symptoms have improved for 24 hours
- Cough and Runny Nose/Secretions are improved and controlled
- Allergy symptoms controlled and improved
- May return any time with a note from the Healthcare Provider

Please contact your school nurse with any questions or concerns.