

COVID-19 Daily Self Checklist

Review this COVID-19 Daily Self Checklist **each day before coming to school.**

If you check any box for the questions below, **STAY HOME** and follow the steps below:

Step 1: Call the school to let them know and

Step 2: Call your doctor or local hospital

- Do you have a fever (temperature over 100.4°F) without having taken any fever reducing medication?
- Loss of Smell or Taste?
- Muscle or Body Aches?
- Sore Throat?
- Cough?
- Shortness of Breath?
- Chills?
- Headaches?
- Do you have any other illness symptoms including vomiting, diarrhea, continuous nasal drainage, or rash in the last 48 hours?
- Have you, or anyone you have been in close contact with been diagnosed with COVID-19?
- Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

If you start feeling sick during school please contact the main office in your building

