At Home Health Screening Tool for Students

Parents/Guardians: Please review this screening tool **before** school **every morning** for each of your school-aged children. This tool is for your reference only, **do not** send it to school.

Is your child experiencing any of the following symptoms?

- Feeling unwell
- Cough
- Shortness of breath or difficulty breathing
- Fever-like symptoms such as body aches, body chills and/or sweating
- Temperature over 100.4 degrees F or 38.0 degrees C
- Muscle Pain
- Headache
- Chills or repeated shaking from chills
- Runny nose/congestion
- Sore throat
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea

If your child is experiencing any of the above listed symptoms, keep your child home from school and contact your medical provider for further instructions.

**If any of the above-listed symptoms are sudden or severe, seek immediate medical attention.**

<table>
<thead>
<tr>
<th>Please indicate yes or no next to the following statements:</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Has your child taken cough/cold medication and/or fever reducers such as Tylenol/ibuprofen today for the above listed symptoms?</td>
<td></td>
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<tr>
<td>Has your child been tested for COVID-19 in the last 2 weeks?</td>
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<tr>
<td>Has your child student had close contact* with someone with a <strong>confirmed</strong> diagnosis of COVID-19 in the past 14 days?</td>
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<tr>
<td>Has your child had close contact* with someone with a <strong>suspected</strong> diagnosis of COVID-19 in the past 14 days?</td>
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<tr>
<td>Has your child traveled by air or traveled out of state in the past 14 days? If yes, please contact the school before arriving on campus.</td>
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</tbody>
</table>

*What counts as close contact?*

- Your child was within 6 feet of someone who has COVID-19 for at least 15 minutes
- Someone in your home is sick with COVID-19
- Your child had direct physical contact with the sick person (touched, hugged, or kissed them)
- Your child shared eating or drinking utensils with the sick person
- The sick person sneezed, coughed, or somehow got respiratory droplets on your child

If you answered yes to any of the above questions, keep your child home from school. Contact your medical provider for further instructions.
Dear Parents and Guardians,

Please complete this screening tool EVERY morning before sending your child to school. This tool stays home and is for your use. Keep it in a visible location in your home such as on the refrigerator in a sheet protector.

If any questions answered are “YES”, keep your child home, call the school to report the absence and include the symptoms your child is having. **Also, call your child’s pediatrician for health guidance.** After speaking with your child’s physician please call the District Nurses at 568-4606. Do not send your child back to school until it has been cleared by the pediatrician and the school nurse. If your child needs to be tested your child’s pediatrician will inform you where to go. This website also has information for testing sites close to you by using your zip code. [https://get-tested-covid19.org/](https://get-tested-covid19.org/)

During the school day, if your child develops any of the symptoms on the COVID-19 list, they will be placed in a supervised “isolation room” to decrease the potential spread of germs. Parents will immediately be notified to pick up their child. You will need to call your child’s pediatrician and they will decide whether more testing is necessary. The school nurse will follow up with you for when your child can return to school. **We are requesting that you pick up your child as soon as possible and within at least 60 minutes. We are also requesting that you provide 2 or 3 emergency contacts.** In the event we aren’t able to reach you, the contact list will be immediately utilized so your child can be dismissed as soon as possible.

We are looking forward to seeing your child in school. Life during a pandemic is stressful with information and requirements sometimes changing on a daily or weekly basis. Communication is key, so please don’t hesitate to call your child’s school, or the Nurse’s Office. You can also get information from the Nurse’s Office tab on the RSU 3 website. There are links to important CDC information and information for families from the Maine Department of Education and the Maine American Academy of Pediatrics. There are also printable forms such as medication forms, asthma action plans and more.