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## Daily Student Health Screening Guide at Home

### Illness Symptoms to monitor for:

- Chills
- Headache
- Temperature of 100.4 or above
- Body Aches
- Fatigue more than usual
- Sore Throat
- Cough, congestion, and/or sneezing not related to allergies or asthma
- Difficulty breathing not due to physical exertion, allergies, or asthma
- Loss of Taste or Smell
- Nausea
- Diarrhea

**\*If experiencing any of the above symptoms, especially a combination of the above symptoms, please have your child remain home until they are symptom-free for at least 24-hours without the use of over-the-counter medications to relieve symptoms.**

**If symptoms persist, especially after day 2, consider having your child(ren) receive COVID-19 testing.**

**If you or your child are close contacts (15 minutes within 6 feet) to an individual diagnosed with COVID-19 and are both fully-vaccinated and asymptomatic, no quarantine is required. If unvaccinated or under-vaccinated please follow the school guidelines below:**

- **If both positive and close contact individual were wearing a mask, the unvaccinated close contact may have a modified 10-day quarantine and continue to attend school if asymptomatic, they mask appropriately, are tested twice during the 10-day quarantine period, and they quarantine (not attend) all extracurricular activities, sports, or community events 10 days following exposure.**
  - **If both positive and close contact individuals were not wearing a mask, then the close contact quarantines for 10 days without testing OR can end quarantine after day 7 if COVID-19 test is collected after day 5 from the date of last exposure and tests negative.**
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