

COVID-19 Daily Self-Assessment Checklist

Each family is required to conduct a self-assessment daily for any signs of illness or COVID-19 symptoms prior to sending students to school.

If your child has any of the following symptoms, they might have an illness they can spread to others. Check your child for these symptoms before they go to school. Check symptoms for changes from usual or baseline health.

- Temperature of 100.4 degrees Fahrenheit or higher
- Runny nose/congestion (unrelated to allergies)
- New lack of smell or taste
- Sore throat
- Cough (for students with chronic cough due to allergies or asthma, a change in their cough from usual)
- Difficulty breathing (for students with asthma, check for a change from their baseline breathing)
- Diarrhea or vomiting
- New onset of severe headache, especially with a fever

If your child DOES have any of the symptoms above:

- Keep them home from school
- Get your child tested for COVID-19.
- Contact your child's school and report that your child is sick. The school may ask some additional questions to help determine when it is safe for your child to return to school and about other people who may have been exposed.

If your child does NOT have any of the symptoms above:

- Consider whether your child needs to see a healthcare provider and be tested for COVID-19. Even if they don't have symptoms, your child should be tested if they:
 - have been in close contact with someone with COVID-19, or
 - have taken part in activities that puts them at higher risk for COVID-19 because they cannot physically distance as needed, such as participating in contact sports, attending a gathering with other children or family, or
 - were asked or referred to get testing by a state or local health department or healthcare provider.
- For the purposes of these criteria, school settings that implement multiple prevention strategies, such as universal and correct use of masks and physical distancing to the greatest extent possible, are **not** considered higher risk settings.
- If they do not have symptoms and do not meet any of the criteria above, send them to school as usual.

A complete list of symptoms may be found on the CDC website, as well as further COVID-19 guidance at:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

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