

# COVID-19 Morning Checklist

*Every morning before your student leaves for school, please check your student's health. Ask these questions every day.*

- 1. Does your student have a temperature of 100.4 degrees or higher?**
- 2. Does your student display any other symptoms or signs of illness?**



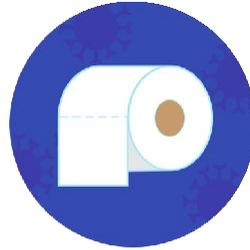
**Congestion or Runny Nose**



**Cough**



**Shortness of Breath**



**Diarrhea**



**Headache**



**Muscle Pain and Fatigue**



**Sore Throat**



**Nausea or Vomiting**



**Chills**



**New Loss of Taste or Smell**

- 3. Was your student in close contact— within 6 feet for 15 minutes, with or without mask— of someone with a suspected or confirmed case of COVID-19 (lab or diagnosis) in the last two weeks, or someone getting a test or waiting for test results?**

If you answer **YES** to any of these questions, **DO NOT SEND YOUR STUDENT TO SCHOOL.**

Instead, call the school to report your student's illness or possible exposure. You will be advised to isolate your sick child from others and seek medical care and testing if appropriate.

Self-quarantine will be advised for anyone who has been exposed to COVID-19 but has no symptoms. See the other side of this flyer for more about when a student who has been isolated or quarantined may return to school.



## Guide for Families:

# Returning to school after COVID-19 illness

When a person contracts COVID-19, symptoms may develop within two to 14 days from exposure, although some people never show symptoms. It is very important— for your student’s safety and for the safety of others— that you monitor his or her health for 14 days from the last possible exposure to COVID-19. Your ill student— whether symptoms are present or not— should remain at home (apart from others in the family, if possible), avoid group settings and public activities, and practice social distancing.

**Students with a positive case of COVID-19 (lab-confirmed, diagnosed, or suspected), and those who have been exposed to the virus, may return to school under the following conditions:**

### If Your Student is a Close Contact

This timeline is for a student who has been in close contact with a person with a confirmed case of COVID-19. The CDC defines a close contact as someone who has been closer than 6 feet for 15 minutes, with or without a face covering.

### If Your Student is a Positive Case

This timeline applies to students who have a laboratory-confirmed, diagnosed, or suspected case of COVID-19. Remember that this guidance is based on the date symptoms started or, if no symptoms, the date the test was administered, **not** the date the result was received.



### Return to School Timeline

#### No Symptoms

Individual has stayed home and self-isolated for 14 days from the last day that he or she was with the confirmed case of COVID-19.

*\*Note: If this person is tested for COVID-19, a negative test would not change or decrease the 14-day quarantine period, but a positive test would move him or her into one of the Positive Case categories based on whether the individual continues to have no symptoms or has developed symptoms.*

#### At Least One Symptom

- At least one day (24 hours) has passed since recovery, which is defined as resolution of fever without the use of fever-reducing medications

**AND**

- Improvement in other symptoms (for example, cough, shortness of breath);

**AND**

- At least 10 days have passed since symptoms first appeared.



### Return to School Timeline

#### No Symptoms

- At least 10 days have passed since the positive laboratory test and the person remains asymptomatic.
- Asymptomatic individuals who test positive and later develop symptoms should follow the guidance for symptomatic persons to the right.

#### Symptoms

- At least one day (24 hours) has passed since recovery, which is defined as resolution of fever without the use of fever-reducing medications
- AND**
- Improvement in other symptoms (for example, cough, shortness of breath);
- AND**
- At least 10 days have passed since symptoms first appeared.