

Attachment A

Covid-19 Daily Self Check-List

Parents: Do this checklist daily before coming to school for all your students.

If you answer yes to any of these questions, stay home and follow the steps at the bottom.

Staff: Do this checklist daily before coming to work. If you answer yes to any of these questions, stay home and follow the steps at the bottom.

In the past 24 hours:

Have you had a fever (over 100 degrees) or have you taken any medication for a fever?

Do you have a recent loss of taste or smell?

Muscle aches?

Chills or shaking?

Sore throat?

Recent Cough?

Headache?

More tired than usual?

Nausea, vomiting, diarrhea?

Trouble breathing/shortness of breath? (Please call 911/seek medical attention)

Have you been in close contact with someone with a diagnosis of Covid-19?

What to do:

Parents: Call your school's attendance line. You will receive a return call verifying your student's symptoms.

Staff: Call your immediate supervisor.

Thank you for taking the time to do a self-check of your child/yourself every day!