

### Self-Check: Daily Symptom Checklist

**Students: Before coming to school, please ask yourself or your child these questions:**

**Staff: Before coming to work, please ask yourself these questions:**

- Do you have **new or worsening** symptoms consistent with COVID-19?
  - Fever of 100 F + or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Diarrhea
  - Nausea or vomiting
  
- Are you unvaccinated\* and have been within 6 feet of someone with COVID-19 for a cumulative of 15 minutes or more within 24 hours?  
*\*2 weeks has NOT passed since your final required dose*
  
- Are you waiting for a test result because you have symptoms consistent with COVID-19 or because you are unvaccinated\* and have been within 6 feet of someone with COVID-19 for a cumulative of 15 minutes or more within 24 hours?
  
- Did you test positive for COVID-19 or were told you are a COVID-19 case by a health department?

If you answered **NO** to all of these questions, you are ready for school or work!

If you answered **YES** to any of the questions, please stay home and reach out to your medical provider and/or seek COVID-19 testing.