

## 2021-2022 COVID-19 Daily Staff Checklist

Please review prior to sending your child to school every day. A copy does NOT need to be sent in to the school nurse or your supervisor

- I am feeling well today.
- I have not administered fever-reducing medication (ie. Ibuprofen, Advil, Motrin, Aleve, Acetaminophen, Tylenol) to myself in the last 4-6 hours for illness.
- I do not have any of the following signs or symptoms of illness:
  - **Fever (100.0° Fahrenheit or higher), chills, or shaking chills**
  - **Difficulty breathing or shortness of breath**
  - **New loss of taste or smell**
  - **Muscle aches or body aches**
  - Cough (not due to other known cause, such as chronic cough)
  - Sore throat, *when in combination with other symptoms*
  - Nausea, vomiting, or diarrhea *when in combination with other symptoms*
  - Headache *when in combination with other symptoms*
  - Fatigue, *when in combination with other symptoms*
  - Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*
- In the past 10 days, I have not been exposed to anyone with any of the following symptoms: fever, cough, shortness of breath, sore throat, headache, fatigue, body or muscle aches, nausea, vomiting, diarrhea, loss of taste or smell.
  - \* Vaccinated individuals who remain asymptomatic for 10 days following exposure are exempt from quarantine per MDPH (If at any point during the 14 days ANY symptoms develop, individual must quarantine and be tested)
- In the past 10 days, I have not been in close contact (within 6 feet, indoors, of an infected person for at least 15 minutes over a 24 hour period) to anyone with a known diagnosis of COVID-19.

Staff with a fever  $\geq 100.0^{\circ}\text{F}$  or who do not affirm all of the above screening questions should NOT come to school/ work and should contact their primary physician for guidance.