

COVID 19 Daily Home Monitoring Checklist for Students

(See County Health Department COVID 19 Rules)

1. Have you been notified that your child was a **close contact** of someone who tested positive or was diagnosed with COVID 19 in the last 14 days? (see **close contact** definition on the back of this page)
 - Yes:
 - **Your child should stay home.**
 - **Report your child's absence to school.**
 - **Follow COVID 19 rules.**
 - No: Go to question 2.
2. Has your child been **diagnosed with COVID 19** by a healthcare provider in the last 10 days?
 - Yes:
 - **Your child should stay home.**
 - **Report your child's absence to school.**
 - **Follow COVID 19 rules.**
 - No: Go to question 3.
3. Has your child developed **any** of the following symptoms (beyond what is normal for your child★) in the past 24 hours?
 - Cough • Shortness of breath or trouble breathing • New loss of sense of taste or smell
 - Yes:
 - **Your child should stay home.**
 - **Report your child's absence to school.**
 - **Call your child's health care provider.△**
 - **Follow COVID 19 rules.**
 - No: Go to question 4.
4. Has your child developed **any 2 or more** of the following symptoms (beyond what is normal for your child★) in the past 24 hours?
 - Sore throat • Fatigue • Muscle or body aches • Headache
 - Runny nose or nasal congestion • Fever (temp of 100.4 or higher) or chills/shivering▲
 - Nausea or vomiting▲ • Diarrhea▲
 - Yes:
 - **Your child should stay home.**
 - **Report your child's absence to school.**
 - **Call your child's health care provider.△**
 - **Follow COVID 19 rules.**
 - No: Your child may be at school.

★Your child may have some “COVID like” symptoms due to a known health condition. For example, children with known allergies or asthma may normally have times when they experience coughing, runny nose, or congestion. Or some children have frequent headaches or nausea due to anxiety so that is a known health condition for that child. It is important that you share information about your child's known health conditions with the school.

△If your child's healthcare provider diagnoses an illness other than COVID 19 then follow the return to school instructions for that specific illness and provide the doctor excuse note to school.

▲ ***A child with a fever must be fever free without the use of fever reducing medication for at least 24 hours before returning to school. A child must not vomit or have diarrhea for at least 24 hours before returning to school.***

**Checklist subject to change based on new information and guidelines from Public Health

Close Contact Definition:

If your child has been with someone who has tested positive for COVID 19 in the last 14 days then your child is identified as close contact if:

- Your child had direct physical contact (hug, kiss, handshake) with the COVID 19 positive person.
- Your child was within 6 feet for a total of 15 minutes or more in a 24 hour period with the COVID 19 positive person.
- Your child had direct contact with the COVID 19 positive person's respiratory secretions (coughed/sneezed on, contact with dirty tissue, shared drinking glass, shared food/towels/other personal items).
- Your child stayed overnight for at least one night in a household with the COVID 19 positive person.