

### **HEALTH ASSESSMENT - COVID-19 SYMPTOM CERTIFICATION**

This symptom checklist is to be used by parents on a daily basis, to assess their child for symptoms of COVID-19. **Two times per month, parents are required to submit a form in Powerschool confirming that each child is being assessed each morning 30 minutes prior to the start of school.** The school office/building nurse will request that parents complete the COVID-19 Symptom Checklist (accessed via Powerschool Parent Portal) if they indicate that students are experiencing the symptoms/circumstances below.

Symptoms of COVID-19 vary widely. Following are the most commonly recognizable ones. **Please assess your child's symptoms, including temperature check, prior to sending them to school. If any symptoms or conditions are present, please notify the school office/building nurse immediately and do not send your child to school.** The building nurse will provide information on return to school guidelines.

Symptoms include any of the following:

- Chills, muscle aches, or fatigue
- Headache that persists or worsens
- Sore throat, nasal congestion, runny nose (unrelated to allergies)
- Diarrhea, vomiting, or severe nausea
- New rash
- New onset or worsening of cough (unrelated to asthma/allergies)
- Fever (100°F or higher) within the past 24 hours
- Shortness of breath, difficulty breathing (unrelated to asthma/allergies)
- Recent loss of taste or smell

**In addition, please contact the school office/building nurse immediately and do not send your child to school if:**

- Student has been in contact with someone who has tested positive or is suspected to be positive for COVID-19: If checked, the student must quarantine for 14 days from the time of last contact with the positive case, or quarantine until the suspected case tests negative.
- Student has travelled outside the country and has not quarantined for 14 days following return.

**If the above symptoms or conditions are present, a student should be referred to his/her healthcare provider:**

- **Positive Case (tested positive) or Probable Case (symptoms but not tested):** May return when fever-free for 24 hours without use of fever-reducing medication, 10 days must have passed since the first symptom appeared, and there must be an improvement in symptoms.
- **Negative COVID-19 test:** May return after symptoms improved, no fever for 24 hours without fever-reducing medication, and must provide documentation of negative COVID-19 result or healthcare provider's note indication negative result
- **Alternative diagnosis without testing (i.e. influenza, gastroenteritis):** May return when fever-free for 24 hours without fever-reducing medication, symptoms have improved, and



there has been no vomiting or diarrhea during the past 24 hours. Must provide healthcare provider note documenting the alternative diagnosis

- **Symptoms related to a contagious infection requiring antibiotics (i.e.. strep throat, ear infection):** Must be fever-free for 24 hours without fever-reducing medication and must have completed antibiotics for 24 hours (if prescribed). Healthcare provider's diagnosis must be provided.

**Parent Confirmation (via Powerschool Parent Portal)**

**My digital signature indicates that I am completing the above health assessment daily for my child(ren) 30 minutes prior to the start of school each morning. If any symptoms or conditions are present, I will notify the school office/building nurse immediately and will not send my child to school.**

*Note: The school office/building nurse will request that parents complete the COVID-19 Symptom Checklist (accessed via Powerschool Parent Portal) if you indicate that your child is experiencing the symptoms/circumstances identified in the Health Assessment.*