

## Daily Screening at Home for COVID-19 Symptoms

This screening tool is for staff, students and any household members.

Read this in other languages at [isd623.org/covidsafety](https://isd623.org/covidsafety).

### **SECTION 1 - SYMPTOMS:** Do you have any of these symptoms?

#### ***More Common Symptoms***

- Fever of 100.4 degrees Fahrenheit or higher (please check your temperature daily before leaving for school)
- New onset of cough or worsening cough
- Difficulty breathing
- New loss of taste or smell

#### ***Less Common Symptoms***

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue
- New or severe headache
- New onset of congestion or runny nose

### **SECTION 2 - CLOSE CONTACT EXPOSURE**

**Close contact is defined as 15 minutes or more at six feet or closer.**

- Have you been in close contact with a person confirmed to have COVID-19?
- Are you or any other household member who is symptomatic (has symptoms consistent with COVID-19) currently waiting for COVID-19 test results?
- Have you been told by a public health official or medical official that you need to isolate or quarantine?

### **SECTION 3 - NEXT STEPS**

#### **Do I need to stay home?**

- If you have ONE or more of the ***More Common Symptoms in SECTION 1 above (fever, cough...)***, **stay home**. Household members should also stay home.
- If you have TWO or more of the ***Less Common Symptoms (sore throat, nausea...)***, **stay home**. Household members should also stay home.
- If you answered YES to any question in **SECTION 2**, **stay home**.

#### **Whom should I call?**

- Students should call their school to report the absence.
- Staff should call their principal/supervisor, and also call Human Resources to determine what documentation is needed.
- Call your healthcare provider if you need an evaluation or COVID-19 test.
- The MDH COVID-19 Helpline can answer questions for the public at 651-297-1304, or email at [health.covid19@state.mn.us](mailto:health.covid19@state.mn.us).**