

## COVID-19 Daily Student Checklist

**Prior to sending your child to school each day, you must review the following checklist at home. Please make a printed copy of this form to review daily at home prior to the start of each school day. This checklist does not need to be sent in to the nurse.**

- My child is feeling well today.
- I have not administered fever-reducing medication (ie. Ibuprofen, Advil, Motrin, Aleve, Acetaminophen, Tylenol) to my child in the last 4-6 hours for illness.
- My child does not have any signs or symptoms of illness - including, but not limited to: fever  $\geq 100.0^{\circ}\text{F}$ , chills, cough, shortness of breath, sore throat, headache, fatigue (when in combination with other symptoms), body or muscle aches, nausea, vomiting, diarrhea, loss of taste or smell, unexplained rash, nasal congestion or runny nose (for students with chronic allergies/asthma, a change in their symptoms from baseline).
- In the past 14 days, my child has 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.
- In the past 14 days, my child has not been in close contact (within 6 feet of an infected person for at least 15 minutes) to anyone with a known diagnosis of COVID-19.
- In the past 14 days, my child has not traveled to any high-risk areas or states as designated by the MA Dept of Public Health
- The school has 4 up to date emergency contact information in the event I need to be contacted while my child is at school.

Students 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 and should contact their primary physician for guidance. Students who have traveled outside of Massachusetts must follow the State's Travel Order. If entering from a low-risk State, they may return to school immediately. If students are traveling from a high risk state they must self-quarantine for 14 days OR provide documentation of a **negative PCR COVID-19 test** after entering or 72 hours before returning to Massachusetts. After returning to Massachusetts, students who take a COVID-19 test will need to quarantine until they receive their test results.

Please see the Massachusetts Department of Public Health webpage for more information on the current Travel Order and it's exemptions at: <https://www.mass.gov/info-details/covid-19-travel-order>