



## COVID-19 DAILY HEALTH SCREENING AND RESOURCE FORM

If your child has a fever or symptoms of illness, please refer to the short checklist below for instructions.

**Report your child's absence and expected date of return to the school office.**

**24 Hour Rule**

Has your student had **ONE** of the following symptoms for **LESS THAN 24 HOURS** in the past day?

- Unusual Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or Vomiting
- Diarrhea or abdominal pain

YES

**24 Hour Rule:**  
Student may return after they have felt better for a full 24 hours.

Example: student develops a headache on Monday, the headache is better by Monday evening or Tuesday morning, they must stay home all-day Tuesday and can return on Wednesday. **If student's symptoms persist go to 10 day Rule.**

**10 Day Rule**

Has your student had **ANY** of the following symptoms?

- FEVER (100.4 or greater)
- COUGH
- SHORTNESS OF BREATH
- LOSS OF TASTE OR SMELL

YES

  

(#2 or #3)

**10 Day Rule:**  
Student must stay home 10 days or get a COVID test.

1. **If student is COVID positive:** The student must stay home for 10 days. Call school ASAP to report positive test result.
2. **If student is COVID negative:** The student can return to school after symptoms have improved **and** no fever for a full 24 hours without medication.
3. **If student is not tested for COVID:** The student must stay out of school for 10 days **and** have improved symptoms **and** no fever for full 24 hours without medication.

Has your student had **TWO** of the following symptoms or **ONE** of the symptoms which lasted longer than 24 hours?

- Unusual Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or Vomiting
- Diarrhea or abdominal pain

**14 Day Rule**

Has your student been **EXPOSED** to a COVID positive person?

YES

**14 Day Rule:**  
Student must stay home for 14 days regardless of test results. Calculate 14 days by starting with the **LAST** day the student was exposed to the positive person.

**\*If you answered NO to all the above questions, send your student to school 😊**

If you have any questions or need help, please call your school's front office and ask for the nurse. You can find drive through testing information on our district website or at [snohd.org](http://snohd.org)