



Effective March 14, 2022

COVID-19 DAILY HEALTH SCREENING & RESOURCE FORM

Every morning, screen your student before they go to school

If they have *any* of the symptoms below, keep your student home from school.

Call your school's Attendance Line or District Nurse Triage Line (425-366-7745) to report the absence.

- Fever (100.4 or greater)
- Cough
- Muscle or body aches
- Shortness of Breath
- Sudden Loss of Taste or Smell
- Unusual fatigue
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or Vomiting
- Diarrhea

NEW Guidelines for students exposed to someone with COVID:

Quarantine is no longer required. Exposed students (formerly called "close contacts") may continue to take part in all in-person instruction and care, including sports, performing arts, and other extracurricular activities, *as long as they are not symptomatic*. If symptoms develop, they must follow guidance above and isolate.

- Monitor for symptoms, **AND** consider having your child wear a well-fitted mask for 10 days after the last date of exposure, especially during activities like high-risk indoor sports, performing arts, etc.
- Testing is highly recommended 3-5 days after the last exposure. PCR, antigen, and at-home tests are acceptable.

24 Hour Rule

If your student had only **ONE** symptom from the following list for LESS THAN 24 hours: *fatigue, headache, sore throat, congestion, runny nose, nausea, vomiting or diarrhea* your student may return to school the next day if the symptom lasts less than 24 hours without the use of medication.

5 and 10 Day Rule

If your student has been diagnosed with COVID, they *may* return to school after 5 days of isolation **IF** the following criteria are met:

- Symptoms have improved, **AND** they are without a fever for the past 24 hours without use of fever-reducing medications **AND**
 - They wear a well-fitted mask or face shield with drape on days 6-10 **OR**
 - Test negative with an antigen or at-home test after day 5.

If your student is showing symptoms that could be COVID, they may return to school when:

- Symptoms have improved, **AND**
- They are without a fever for the past 24 hours without use of fever-reducing medications **AND**
- They test negative with an antigen or at-home test. Those who opt out of testing will need to stay home for at least 5 days then wear a mask during all school activities days 6-10. Individuals unable or unwilling to wear a well-fitted mask or face shield with drape days will need to isolate for 10 days.