

LISTA DIARIA DE SINTOMAS DE COVID-19

- No siempre se sabe cuales personas tienen una enfermedad crónica o condición médica preexistente que aumenta el riesgo de consecuencias serias debido a COVID-19. Al supervisar tu familia por síntomas y manteniendo tus familiares potencialmente enfermos en casa en lugar de la escuela o trabajo, estás ayudando a proteger cada niño y adulto en nuestra comunidad.
- Si está teniendo dificultades con la revisión de síntomas o tomando la temperatura en casa, favor de comunicarse con la escuela para programas otra opción.

SI CONTESTA "SÍ" A CUALQUIERA DE LAS SIGUIENTES PREGUNTAS, SE REQUIERE QUEDARSE EN CASA

¿Cuentas con alguno de los síntomas al seguir? Si cuentas con cualquiera de los síntomas, favor de consultar las instrucciones en el otro lado de este formulario para obtener instrucciones de seguimiento.	NO	SÍ
Favor de registrar tu temperatura aquí <input type="text"/>		
<ul style="list-style-type: none"> • ¿Cuentas con temperatura de 100.4°F o superior 		
<ul style="list-style-type: none"> • ¿Te sientes enfermo? 		
<ul style="list-style-type: none"> • Cough 		
<ul style="list-style-type: none"> • Difficulty breathing 		
<ul style="list-style-type: none"> • Sore Throat 		
<ul style="list-style-type: none"> • Congestion or runny nose 		
<ul style="list-style-type: none"> • Muscle or Body Aches (not associated with exercise) 		
<ul style="list-style-type: none"> • Fatigue 		
<ul style="list-style-type: none"> • Headache 		
<ul style="list-style-type: none"> • Chills 		
<ul style="list-style-type: none"> • New loss of taste or smell 		
<ul style="list-style-type: none"> • Nausea or Vomiting (unrelated to anxiety or eating) 		
<ul style="list-style-type: none"> • Diarrhea 		
Have you been exposed to someone with Covid-19 in the past 14 days? If the answer to this question is "YES" then STAY HOME and CONTACT THE SCHOOL immediately.		

Revised 8/27/2020

Options for Follow Up to Possible Covid-19 Symptoms

If the staff/student states that they have one or more of the symptoms on the Daily Symptom Checklist, then they should **STAY HOME**, and **CONTACT THE SCHOOL** to discuss one of the following follow up options:

- A.** If the staff/student answered YES to one or more of the Daily Symptom Check questions and they followed up with a **Covid- 19 test that had a negative result**, then they may return to work/school when the following conditions are met:
- Symptoms are resolving (not necessarily completely resolved)
 - Fever free for 24 hours without the use of fever reducing medications
 - 24 hours without an incidence of diarrhea
 - Submission to school of negative Covid- 19 test
- B.** If the staff/student answered YES to one or more of the Daily Symptom Check questions and they followed up with a **Covid- 19 test that had a positive result**, then they may return to work/school when the following conditions are met:
- It has been 10 days since the onset of symptoms
 - Symptoms are resolving (not necessarily resolved)
 - Fever free for 24 hours without the use of fever reducing medications
 - 24 hours without an incidence of diarrhea
- C.** If the staff/student answered YES to one or more of the Daily Symptom Check questions and **they have not had a Covid- 19 test**, then they should consult their healthcare provider who will decide if they are a candidate for Covid- 19 testing.
- If the physician recommends testing, then depending on the result of the test, see A or B above.
 - If testing is not recommended by their healthcare provider, then staff/student may return to work/school when the following conditions are met:
 - Symptoms are resolving (not necessarily completely resolved)
 - Fever free for 24 hours without the use of fever reducing medications
 - 24 hours without an incidence of diarrhea
 - Submission to school of physician note stating the Covid-19 test not needed
- D.** If the staff/student answered YES to one or more of the Daily Symptom Check questions and **they have not had a Covid test and have chosen not to contact their healthcare provider**, then they may return to work/school when the following conditions are met:
- It has been 10 days since the onset of symptoms
 - Symptoms are resolving (not necessarily resolved)
 - Fever free for 24 hours without the use of fever reducing medications
 - 24 hours without an incidence of diarrhea

Seek medical attention if your Covid- 19 symptoms become severe, including persistent chest pain or pressure in the chest, confusion or bluish lips or face.