



Daily Wellness Checklist for Parent/Guardian

Daily Wellness Checks are a **VERY IMPORTANT** part in keeping your child, our student body, and staff safe. **PLEASE** complete this Wellness Checklist *each day prior to sending your child* to school to prevent viruses from spreading rapidly. **REMEMBER**, we are all in this together!

1. Has my child or any member of our household been in contact with anyone who has symptoms and/or tested positive for COVID-19?
Yes/No
2. After checking my child's temperature this morning before school, does he or she have a temperature greater than 100.4?
Yes/No
3. Has my child taken any medication to treat or reduce a fever such as Ibuprofen (i.e. Advil, Motrin) or Acetaminophen (Tylenol)?
Yes/No
4. Is my child experiencing any of the following signs and/or symptoms in the last 24 hours?
 - a. New cough or worsening cough
Yes/No
 - b. Chills
Yes/No
 - c. Sore throat
Yes/No
 - d. Muscle pain
Yes/No
 - e. New loss of taste or smell
Yes/No
 - f. Runny Nose/congestion
Yes/No
 - g. Nausea/Vomiting
Yes/No
 - h. Headache
Yes/No
 - i. Diarrhea
Yes/No

If you answered yes to any of the above, please keep your child home and contact the school nurse.

TIPS TO STOP THE SPREAD OF COVID-19

WHEN TO WASH YOUR HANDS

1. After blowing your nose, coughing, or sneezing
2. After being in a public place
3. Before and after for caring for someone who is sick
4. Before eating food
5. After using the toilet



HANDWASHING

1. Wet hands with water
2. Apply enough soap to cover all hand surfaces
3. Rub hands together and scrub everywhere
4. Wash the front and back of your hands, in between fingers, and under nails
5. Wash hands for 20 seconds or hum the Happy Birthday song twice from beginning to end
6. Rinse hands with water
7. Dry hands completely

TIPS FOR WEARING YOUR FACE MASK CORRECTLY

1. Wash your hands before putting on your face covering
2. Put it over your **nose and mouth** and secure it under your chin
3. Try to fit in snugly against the sides of your face
4. Make sure you can breathe easily
5. Wear a face covering in public
6. Don't touch the face covering and if you do, wash your hands or use hand sanitizer to disinfect

HOW TO TAKE YOUR FACE MASK OFF

1. Handle only by the ear loops or ties
2. Fold outside corners together
3. Be careful not to touch your eyes, nose, and mouth when removing
4. Wash hands after removing
5. Wash face mask regularly

MEDICAL CONCERNS

- If your child has a medical condition that prevents him/her from wearing a face mask you must provide written documentation from the doctor.
- If your child has any additional medical needs, please provide written recommendation from your doctor.
- Documentation for medical concerns from your doctor must be brought to the school by Monday, August 24th.