

Daily Wellness Check at Home

WE NEED YOUR HELP!

HIDOE employees, contracted service providers, visitors, and students must complete a wellness check each morning before going to school. Please report any illness or COVID-19 exposure to the school.



1

CHECK FOR COVID-19-LIKE SYMPTOMS OF ILLNESS

Do you or your child have any of these symptoms?

If yes, **do not go to school.**

- Fever (higher than 100°F or hot to the touch)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness or weakness)
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting (stomach ache)
- Diarrhea



2

CHECK FOR RECENT COVID-19 EXPOSURE

Do any of the following apply to you or your child?

If yes, **do not go to school.**

- Recently tested positive for COVID-19
- Waiting for COVID-19 test results
- Self-quarantining due to possible COVID-19 exposure (e.g. travel quarantine)
- Living with someone with COVID-19
- Been in close contact with someone with COVID-19

**HELP US TO KEEP OUR SCHOOLS
HEALTHY AND SAFE!**