

COVID-19 Self-Screening Tips for School Staff

If your school is practicing in-person learning this school year, it's more important than ever to be mindful of your health and wellness to prevent the spread of germs. Use this checklist to self-screen before heading to school, an early care center or other learning facilities.

Symptoms checklist

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|---|---|
| <input type="checkbox"/> Chills | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Temperature greater than 100.4°F | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Congestion or runny nose |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Nausea or vomiting |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Diarrhea |
| <input type="checkbox"/> Muscle or body aches | <input type="checkbox"/> New loss of taste or smell |

You should **not** go to work or return to work if you are experiencing any of the symptoms above.



If you are experiencing symptoms, consult with your healthcare provider to determine whether or not you need medical care.

Going back to school safely

- Dedicate time in your morning routine to self-screen before leaving your home.
- Use the same thermometer on the same spot each day for consistency. Any type of thermometer will do, but if you take your temperature orally (by mouth), don't eat or drink anything within 15 minutes prior.
- Wash your hands frequently and make it part of your daily routine.

The information provided is only a recommendation. Be aware of and follow your school's, organization's or district's guidelines for returning to work. Please refer to [CDC.gov](https://www.cdc.gov) for an updated list of symptoms.

For more tips and expert advice, visit [Strong4Life.com/reopening](https://www.Strong4Life.com/reopening).