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, daycare or other learning facilities.

**Symptoms checklist**

- Chills
- Temperature greater than 100.4°F
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- New loss of taste of smell

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

**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.

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

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 for an updated list of symptoms.

For more tips and expert advice, visit Strong4Life.com/reopening.