COVID SCREENING
At-home Checklist for Students and Staff
Help FHSD keep our classrooms and facilities safe for everyone!

MONITOR FOR SYMPTOMS

Students and staff members are asked to self-screen for COVID-19 symptoms EVERY DAY before coming to school or work. In the last 24 hours, have you, your student, or anyone in your household experienced any of the following symptoms:

- Fever (>100° F), chills, or body/headache
- New or worsening cough or sore throat
- Nausea, vomiting, or diarrhea
- Congestion or runny nose
- New loss of taste or smell
- Shortness of breath or difficulty breathing

If a student or staff member has any of the above symptoms, please contact your healthcare provider. DO NOT COME TO SCHOOL/WORK. Report the absence to your school.

STAY HOME & STAY WELL

Students/staff must stay home if any of the following apply:

- Have any COVID-related symptoms
- Has been diagnosed with COVID-19
- Had close contact (within 6 feet for more than 15 minutes) with someone diagnosed with COVID-19
- Have been told by a healthcare provider or public health official to self-quarantine due to potential COVID-19 exposure

REMINDERS

Help us keep our learning environment safe and healthy:

- Wear a face mask at all times
- Wash hands regularly with soap and water or use hand sanitizer
- Practice physical distancing
- Bring a water bottle
- Wash and sanitize items taken to school (e.g. water bottle, lunch boxes)

Find more information on the FHSD website www.fhsdschools.org/covid-19 or contact the St. Charles County Health Department COVID-19 hotline: 636-949-1899.