

# Symptom Screening & Monitoring

## Self Screening and Monitoring

Staff planning to work from district buildings should perform an at-home daily symptom screening prior to arriving to work.

**Take your temperature.** If it is 100.4 or over (oral) or 99.5 or over (temporal), stay home.

**Are you taking any medication to treat or reduce a fever such as Ibuprofen (i.e. Advil, Motrin) or Acetaminophen (Tylenol)?** If yes, stay home.

**In the past 14 days have you been in close contact with someone who has tested positive for COVID 19?** If yes, remain home until the end of your quarantine period.

**Are you experiencing any of the following?**

Group A	Group B
Cough	Fever 100.4 or over (oral) or 99.5 or over (temporal)
Shortness of breath	Chills/ Rigors
Difficulty breathing	Myalgia (muscle aches or pain)
New olfactory disorder	Headache
New taste disorder	Sore throat
	Nausea or vomiting
	Diarrhea
	Fatigue
	Congestion or runny nose

**Stay home if, you:**

Have one or more symptoms in Group A OR  
Have two or more symptoms in Group B OR  
Are taking fever-reducing medication.