



DAILY AT-HOME COVID-19 SCREENING FOR STUDENTS PARTICIPATING IN ATHLETICS OR EXTRACURRICULAR ACTIVITIES

Parents/Guardians: Each day, prior to allowing your child to participate in athletics or extracurricular activities, and in advance of any school-sponsored trip, you are responsible for completing an at-home health screening of your child for COVID-19 symptoms.

PLEASE READ EACH QUESTION CAREFULLY AND SELECT THE ANSWER THAT APPLIES TO YOUR CHILD.

In the past 48 hours, has your child or anyone in your household experienced any of the following symptoms:

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| <ul style="list-style-type: none"> • fever (100°F or higher) or chills • cough • shortness of breath or difficulty breathing • fatigue • muscle or body aches | <ul style="list-style-type: none"> • headache • new loss of taste or smell • sore throat • congestion or runny nose • nausea or vomiting • diarrhea |
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YES

NO

In the past 14 days, has your child been in close contact (within 6 feet for a total of 15 minutes or more over a 24-hour period) with someone with suspected or confirmed COVID-19?

YES

NO

In the past 10 days, has your child been diagnosed with or presumed positive for COVID-19?

YES

NO

Is your child isolating or quarantining because they may have been exposed to a person with COVID-19 or you are worried that they may be sick with COVID-19?

YES

NO

Are you currently waiting on the results of a COVID-19 test for your child or another member of your household?

YES

NO

Did you answer NO to ALL QUESTIONS?

Your child **MAY PARTICIPATE** today.

Did you answer YES to ANY QUESTION?

Your child **MAY NOT PARTICIPATE** today. Please see page 2 for further instructions.

Thank you for helping us protect your child and others during this time.

THE SCREENING YOU COMPLETED INDICATES THAT YOUR CHILD MAY BE AT INCREASED RISK FOR COVID-19.

If your child is not feeling well, we hope that they feel better soon!

HERE ARE INSTRUCTIONS FOR WHAT TO DO NEXT:

1

If your child is not already at home, please avoid contact with others and take your child straight home immediately.

2

Monitor your child's symptoms and call your health care provider to determine if COVID-19 testing is recommended.

3

Please call your child's school to report your child's absence and notify your child's coach or activity director.

Before going to a healthcare facility, please call and let them know that your child may have an increased risk for COVID-19. In case of a life-threatening medical emergency, dial 911 immediately!

RETURNING TO SCHOOL: GUIDANCE FOR PARENTS



If your child has symptoms consistent with COVID-19 or tests positive for COVID-19 and has symptoms, you should keep your child home until at least 10 days have passed from the onset of symptoms AND your child has been fever-free for 24 continuous hours without the use of fever-reducing medications AND respiratory symptoms have improved. If your child tests positive for COVID-19, but has no symptoms and remains asymptomatic, you should keep your child home until at least 10 days have passed since the positive test result. Parents should report their child's diagnosis of COVID-19 to their child's school as soon as possible.



If your child has a chronic medical condition or has received an alternate diagnosis from a health care provider that causes COVID-19-like symptoms and you are unsure whether your child may attend school, please contact your child's school nurse for guidance.



If your child has been in close contact with someone who has COVID-19, you should quarantine your child at home for 14 days from the last day of exposure. If your child has been in close contact with someone who has symptoms consistent with COVID-19 or you are keeping your child home pending the test result of a sick member of your household, your child may return to school if the symptomatic person receives a negative COVID-19 test result.



If your child develops symptoms during quarantine, you should obtain a COVID-19 test for your child at the provider of your choice or contact the health department for assistance. Symptomatic children awaiting COVID-19 test results must not report to school.

This screening tool was developed by the Centers for Disease Control and Prevention (CDC) and adapted for use by Albemarle County Public Schools. For information about COVID-19 and basic instructions to prevent the spread of disease, visit the CDC's COVID-19 website at: <https://www.cdc.gov/covid19>