



DISTRICT 196

HOME WELLNESS SELF-SCREENING

Prior to arriving at school, staff and families are asked to complete an at-home wellness self-screen to assess for symptoms of illness and/or COVID-19. **Any new developing symptoms, stay home.**

If you can answer 'Yes' to any of the COVID-19 listed below, isolate yourself, notify your school building nurse and call your health care provider.

Have you had any of the following symptoms since your last day at school or the last time you were here that you cannot attribute to another health condition?

More Common Symptoms:

- Fever \geq 100.4
- New onset or worsening cough
- Difficulty breathing
- New loss of taste or smell

Less Common Symptoms:

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue
- New onset of severe headache
- New onset of nasal congestion or runny nose