



Absent Line 508-597-2400 Press 9
School Covid Nurse: Maureen Searl, RN, M. Edu., NCHES
Email: m.searl@AMSACS.org
Phone: 508-597-2475

AMSACS COVID-19 Daily Self Checklist

Review this COVID-19 Daily Self Checklist **each day before reporting to school, including clubs and sports events.**

If you reply YES to any of the questions below, **STAY HOME** and follow the steps below:

- Step 1: Call to report your absence to the absence line or school secretary. Notify your doctor and get tested for Covid.
- Step 2: Email the school nurse. Notify any coach or club leader if in clubs and sports.

If you start feeling sick during your school day or school event, report to the school nurse immediately.

Do you have a fever (temperature over 100.0 F) without having taken any fever reducing medications?

Yes No

Loss of Smell or Taste?

Yes

No

Muscle Aches?

Yes

No

Sore Throat

Yes

No

Cough?

Yes

No

Fatigue

Yes

No

Shortness of Breath?

Yes

No

Chills?

Yes

No

Headache?

Yes

No

Flu-like symptoms

Yes

No

Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?

Yes No

According to the Center of Disease Control and Prevention (CDC), “close contact” means:

- You are within 6 feet of someone who has Covid-19 for a cumulative total period of 15 minutes or more over a 24-hour period.
- You had direct physical contact with an infected person (hugged or kissed them)
- You shared eating and drinking utensils.
- An infected person sneezed, coughed, or otherwise got respiratory droplets on you.

Have you, or anyone you have been in close contact with, been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19 in the past 14 days? Yes No

Have you been asked to self-isolate or quarantine by a medical professional or a local public health official in the past 14 days? Yes No

Have you, anyone in your household, or someone you have had close contact with in the past 14 days: been tested for Covid -19 and is waiting for the results? Yes No

Screen Clean Protect

Wear your mask, wash your hands often, and social distance using the 6 feet rule.