

# Daily Wellness Check

## WE NEED YOUR HELP!

HIDOE employees, contracted service providers, visitors, and students must complete a wellness check each morning before going to school. Please report any illness or COVID-19 exposure to the school or supervisor.



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### CHECK FOR COVID-19-LIKE SYMPTOMS OF ILLNESS

If any symptoms of illness are present, **do not go to school or work.**

- Fever (higher than 100°F or hot to the touch)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



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### CHECK FOR RECENT COVID-19 EXPOSURE

If any of the following apply, **do not go to school or work.**

- Recently tested positive for COVID-19
- Required to quarantine due to possible COVID-19 exposure (e.g. travel)\*
- Living with someone with COVID-19\*
- You or a household member are waiting for COVID-19 test results\*
- Recent close contact with someone with COVID-19\*

\*Someone who has been fully vaccinated or has had COVID-19 and recovered in the past three months is not required to quarantine following additional exposure and may go to school/work as long as they do not develop new symptoms.

## HELP US TO KEEP OUR SCHOOLS HEALTHY AND SAFE!