



Chesterfield County Public Schools

## **COVID-19 Student Daily Health Self-Assessment**

### **IMPORTANT HEALTH QUESTIONS TO ASK YOUR CHILD BEFORE THEY LEAVE FOR SCHOOL.**

To help prevent the spread of COVID-19 and reduce the risk of exposure to other students and staff members, Chesterfield County Public Schools asks families to make sure that students perform a daily self-assessment of their health status before leaving for school.

Students must not go to school if they are sick or answer yes to any of the questions below. Parents should seek guidance from their child’s health provider if the student answers yes to two or more questions or has a temperature of 100.4 degrees F or higher.

By reporting to their school, students are attesting that they have answered NO to the questions listed below.

Self-Assessment Questions – Please answer these questions honestly	Yes	No
1. Have you or anyone in your household received a confirmed diagnosis for COVID-19 by a COVID-19 test or from a diagnosis by a healthcare professional in the past 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you had close contact with or cared for anyone diagnosed with, suspected to have, or experienced symptoms consistent with COVID-19 (fever, cough, shortness of breath etc.) within the past 14 days? (close contact is being within 6 feet for 15 minutes or more, or sharing a living space) ***Healthcare workers using appropriate personal protective equipment (PPE) would not be considered as exposed to COVID-19.	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you, or anyone in your household have <u>2</u> or more of any of the following symptoms? <ul style="list-style-type: none"> <li>• Headache</li> <li>• Body aches</li> <li>• Repeated shaking or chills</li> <li>• New, persistent cough for unknown reasons</li> <li>• Shortness of breath for unknown reasons</li> <li>• Congestion or Runny nose</li> <li>• Change in taste or smell</li> <li>• Diarrhea - 3 or more episodes within 24 hours</li> <li>• Nausea or Vomiting</li> <li>• Sore Throat</li> </ul>	<input type="checkbox"/>	<input type="checkbox"/>
4. Take Your Temperature. Is the temperature 100.4 degrees Fahrenheit (38 degrees Celsius) or above?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered YES to any question, then you must remain home and not come to school. It is recommended that you isolate yourself from others, monitor your symptoms and contact your health provider for guidance.