STUDENT HEALTH SCREENING CHECKLIST

This COVID-19 symptom checklist can help you quickly determine if your student is well enough to go to school each day. Detach this insert and post it in a visible place where you will be able to review it with your child before leaving home for school.

1 DOES YOUR CHILD HAVE ANY OF THE FOLLOWING SYMPTOMS?

☐ Fever (of 100.4 degrees or higher) or chills  ☐ Loss of taste or smell
☐ Fatigue, muscle or body aches  ☐ Sore throat
☐ Cough, shortness of breath or difficulty breathing  ☐ Congestion or runny nose
☐ Headache  ☐ Nausea, vomiting or diarrhea

2 HAS YOUR CHILD BEEN:

☐ Around anyone diagnosed with COVID-19?
☐ Around anyone with symptoms of COVID-19?
☐ Directed to self-isolate due to symptoms of COVID-19?

If the answer is YES to ANY of the questions or symptoms above, your child should stay home and you should call your pediatrician or family physician for further guidance. You can also call Children’s COVID Help Line at 402.955.3200.

If the answer is NO to ALL of the questions and symptoms above, it’s time for school!

REMIND YOUR STUDENT TO PRACTICE THESE SAFETY MEASURES AT SCHOOL AND IN THE COMMUNITY.

- Wear a mask or face covering at school.
- Wash and sanitize their hands frequently.
- Keep a safe, 6-foot distance from others as much as possible.
Designed to help your family stay safe and healthy throughout the COVID-19 pandemic, the COVID-19 Resource Center for Families, powered by Children’s and Kohl’s Cares, offers practical guidance and expertise from Children’s team of pediatric experts.

Visit ChildrensOmaha.org/COVID for videos, podcasts, articles and more about:

- Back to school safety
- Preparing your child for a COVID-19 test
- What you need to know if your child is immunocompromised
- Supporting your child’s mental health
- Multi-System Inflammatory Syndrome in children
- And other relevant, timely topics involving COVID-19 and your child’s health

PROTECT YOUR FAMILY & PREVENT THE SPREAD

The best method to avoid COVID-19 in our community is prevention. Protect your family from COVID-19 using measures like:

- Wearing a mask or face covering (recommended for all children over age 2)
- Frequent handwashing & disinfecting of surfaces
- Social distancing

COVID-19 symptoms are similar in both children and adults, and may appear from 2 to 14 days after a person is exposed to the virus. They include:

- Fever of ≥ 100.4
- Cough
- Chills
- Sore throat
- Shortness of breath or difficulty breathing
- Loss of taste or smell
- Fatigue, muscle or body aches
- Headache
- Congestion or runny nose
- Nausea, vomiting or diarrhea

Screen for symptoms with Children’s Online Symptom Checker at ChildrensOmaha.org/Symptoms

If your child is experiencing symptoms or has been exposed to COVID-19, please call your pediatrician or CHILDREN’S COVID-19 HELP LINE AT 402-955-3200.