

Daily Symptoms Checklist for Parents/Guardians

Please perform a daily wellness check on your student each day **before** he/she/they leave for school. If your child is experiencing any of the following symptoms, please keep your student home and call the healthcare provider and school nurse.

In the past 24 hours, has your child had any of the following symptoms? If yes, please keep your student home.

- Fever (above 100°F) or feeling feverish (shaking chills)
- New Cough (not due to other known cause, such as a chronic condition)
- Shortness of Breath/difficulty breathing
- New loss of smell/taste
- Sore throat
- Muscle/body aches
- GI symptoms, such as nausea, vomiting or diarrhea
- Headache (*when in combination with other symptoms*)
- Fatigue (*when in combination with other symptoms*)
- New Nasal congestion or new runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*

Please answer the following questions; if the answer is yes, please keep your student home and call the school nurse:

- Does anyone in your household have a fever or sign of illness?
- Have you or anyone in your family received a positive test result for COVID-19 in the past 14 days?
- In the past 14 days, has your child been identified as a close contact to an individual diagnosed with COVID-19?
- Have you been asked to isolate or quarantine your child by a medical professional or a local public health official?
- Has your child been out of state in the past 14 days?
If yes and your child has been to a state not listed as a lower risk state on the MA COVID-19 Travel Order (current list of states: [MA COVID Travel Order](#)), he/she/they must quarantine for 14 days, or produce proof of a negative test result for COVID-19 from a test administered no longer than 72 hours before their arrival to Massachusetts, or they can get tested upon arrival back to MA, but they must remain in quarantine (except to go get the test) until you receive a negative test result.

In an effort to maximize the health and safety of the Ludlow Public Schools community, our collective health relies on all of us (students and staff) adhering to the guidelines outlined in this daily symptoms checklist. All staff members will be following the same daily symptom checklist and remaining home if ill. Thank you for partnering with us in keeping everyone healthy!

The Ludlow Public Schools strives to provide a safe, respectful, and supportive learning environment in which all students can thrive and succeed in its schools. The Ludlow Public Schools prohibits discrimination on the basis of race, creed, color, age, sex, gender identity, national origin, pregnancy or pregnancy related conditions, disability or sexual orientation and ensures that all students have equal rights of access and equal enjoyment of the opportunities, advantages, privileges, and courses of study.