



Daily Wellness Checklist for Employees/Volunteers

*Daily Wellness Checks are a **VERY IMPORTANT** part in keeping you, our student body, and staff safe. **PLEASE** complete this Wellness Checklist each day prior to reporting to school to prevent viruses from spreading rapidly. **REMEMBER**, we are all in this together!*

1. Have you or members of your household been in contact with anyone who has symptoms and/or has tested positive for COVID-19? Y/N
2. After checking your temperature this morning before reporting to school, do you have a temperature of or greater than 100.4? Y/N
3. Have you taken any medication to treat or reduce a fever such as Ibuprofen (i.e. Advil, Motrin) or Acetaminophen (Tylenol)? Y/N
4. Are you experiencing any of the following? Y/N

Group A 1 or more symptoms	Group B 2 or more symptoms
Fever (100.4 or higher) Cough Shortness of breath Difficulty breathing	Sore throat Runny nose/congestion Chills New lack of smell or taste Muscle pain Nausea or Vomiting Headache Diarrhea

If you have answered “Yes” to any of the four questions above we recommend you remain home and contact your direct supervisor and/or the school nurse for further guidance.