

# LYNN PUBLIC SCHOOLS



## At Home Health Checklist

Daily checks of your child will be required to prevent the spread of COVID-19 and other illnesses such as the flu.

### Monitor your child each day before school for the following symptoms:

- ✓ Fever (100°F or higher), chills, or shaking chills
- ✓ Difficulty breathing or shortness of breath
- ✓ New loss of taste or smell
- ✓ Muscle aches or body aches
- ✓ Cough (*not due to other known cause, such as chronic cough*)
- ✓ Sore throat *when in combination with other symptoms*
- ✓ Nausea, vomiting or diarrhea *when in combination with other symptoms*
- ✓ Headache *when in combination with other symptoms*
- ✓ Fatigue *when in combination with other symptoms*
- ✓ Nasal congestion or runny nose (*not due to other known causes, such as allergies*) *when in combination with other symptoms*

## YOUR CHILD MUST STAY HOME FOR ANY OF THE ABOVE SYMPTOMS

### Additional Reasons To Keep Your Child Home:

- Your child has a positive or pending COVID-19 test
- Your child has been exposed to anyone diagnosed with COVID-19 within the past 14 days
- Your child has been instructed to quarantine or isolate
- Your child has travelled out of the country and is unvaccinated

**If you find that your child has symptoms or must stay home due to the above reasons, please notify the school that your child will be absent and consult the school nurse for next step instructions.**

Attendance Phone #: \_\_\_\_\_

### WHEN IN DOUBT, KEEP YOUR CHILD HOME AND CONSULT THE SCHOOL NURSE

School Nurse: \_\_\_\_\_

Phone #: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_