

LYNN PUBLIC SCHOOLS



At Home Health Checklist

Daily checks of your child are necessary to prevent the spread of illnesses such as the flu, COVID-19, etc.

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*)
- ✓ Vomiting and/or diarrhea
- ✓ Sore throat *when in combination with other symptoms*
- ✓ Nausea *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*

If your child is experiencing any of the above symptoms, please notify the school nurse before sending your student to school

Additional Reasons to Keep Your Child Home:

- Your child has a positive or pending COVID-19 test
- Your child has been told to isolate

If you find that your child has symptoms or must stay home due to the above reasons, please notify the school.

Attendance Phone #: _____

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

School Nurse: _____

Phone #: _____ Fax: _____

Email: _____