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: ____________________________________________