

Daily Screening at Home for COVID-19 Symptoms 2021-22

This screening tool is for staff and students.

SECTION 1 - SYMPTOMS: Do you have any of these symptoms?

More Common Symptoms

- Fever of 100.4 degrees Fahrenheit or higher (please check your temperature daily before leaving for school)
- New onset of cough or worsening cough
- Difficulty breathing
- New loss of taste or smell

Less Common Symptoms

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue
- New or severe headache
- New onset of congestion or runny nose

SECTION 2 - CLOSE CONTACT EXPOSURE

Close contact is defined as 15 minutes or more at six feet or closer, when unmasked.

- Are you unvaccinated and living with a person confirmed to have COVID-19?
- Are you currently waiting for COVID-19 test results due to your symptoms?
- Have you been told by a public health official or medical official that you need to isolate or quarantine?

SECTION 3 - NEXT STEPS

Do I need to stay home?

- If you have ONE or more of the ***More Common Symptoms in SECTION 1 above (fever, cough...)***, **stay home**. Get a COVID test.
- If you have TWO or more of the ***Less Common Symptoms (sore throat, nausea...)***, **stay home**. Get a COVID test.
- If you answered YES to any question in **SECTION 2**, **stay home**.

Whom should I call?

- Students should call their school to report the absence.
- Call your healthcare provider if you need an evaluation or COVID-19 test.
- The MDH COVID-19 Helpline can answer questions for the public at 833-431-2053, or email at health.covid19@state.mn.us.**

NOTE: If you are fully vaccinated you do not need to quarantine if you had close contact with someone who has COVID-19. You should get tested 3-5 days after your exposure, and should wear a mask indoors.