



# Daily Wellness Check

## WE NEED YOUR HELP!

HIDOE employees, contracted service providers, visitors and students must complete a wellness check each morning before going to school or work if fully vaccinated or not. Please report any illness or COVID-19 exposure to the school or supervisor.



### CHECK FOR COVID-19-LIKE SYMPTOMS OF ILLNESS

If any symptoms of illness are present,  
**do not go to school or work.**

- Fever (higher than 100°F or hot to the touch)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Anyone with COVID-19 symptoms, even mild symptoms, should stay home from school, work and other activities. Those with symptoms who have not been tested should be tested as soon as possible.

## HELP US TO KEEP OUR SCHOOLS HEALTHY AND SAFE!

# Return to School/Work Criteria

## For Someone with COVID-19-like Symptoms

Must meet ALL three criteria in ONE of these columns

### Negative COVID-19 Test

- 1 Proof of a negative COVID-19 test result.
- 2 At least 24 hours have passed since last fever without the use of fever-reducing medication.
- 3 Symptoms have improved.

### At Least 5 Days




- 1 At least 5 days have passed since symptoms first appeared.
- 2 At least 24 hours have passed since last fever without the use of fever-reducing medication.
- 3 Symptoms have improved.

### Doctor's Note\*

- 1 A signed note from a licensed medical provider.
- 2 At least 24 hours have passed since last fever without the use of fever-reducing medication.
- 3 Symptoms have improved.




## For Someone with Other Symptoms

Must meet ALL criteria below

- 1  No known risk of recent exposure to COVID-19.
- 2  At least 24 hours have passed since last fever without the use of fever-reducing medication.
- 3  Symptoms have improved.




## For Someone Who Tests Positive for COVID-19

Must meet ALL criteria below




- 1  At least 5 days have passed since symptoms onset, or if no symptoms, at least 5 days have passed since the date of the positive test.
- 2  At least 24 hours have passed since last fever without the use of fever-reducing medication.
- 3  Symptoms have improved.

## For Someone Who Is a Close Contact of a COVID-19 Case<sup>†</sup>

### Boosted or Fully Vaccinated Recently<sup>‡</sup>

- 1  Get tested 5 days after exposure.
- 2  Quarantine is not required unless symptoms develop.
- 3  Monitor for COVID-19-like symptoms for 14 days.

### Not Boosted or Fully Vaccinated Recently

- 1  Get tested 5 days after exposure.
- 2  Quarantine for 5 days after exposure and if continued exposure, 5 days after the confirmed case is released from isolation. Quarantine is not shortened by a negative COVID-19 test.
- 3  Monitor for COVID-19-like symptoms for 14 days.

\*When there is low-suspicion of COVID-19 or diagnosis of another health condition (e.g., allergy or asthma), a medical provider may use clinical judgment to allow return to school or work.

<sup>†</sup>A close contact who recovered from COVID-19 in the last 90 days does not need to quarantine unless symptoms develop.

<sup>‡</sup>Someone is fully vaccinated against COVID-19 two weeks after the second dose in a 2-dose series or two weeks after a single dose of the J&J vaccine. Recently is within six months of a 2-dose series vaccine or two months of a J&J vaccine.