



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

Revised 1/11/22



Day zero is the day of close contact, positive test, or onset of symptoms.

CLOSE CONTACT

with a person who has COVID-19

POSITIVE
for COVID-19
regardless of
vaccination
status

**COVID-19
SYMPTOMS**
(even mild)

***HIGH RISK
ACTIVITIES**

**MASK
EXEMPTION**

**AGES 18+ NOT BOOSTED or FULLY
VACCINATED RECENTLY**
PARTIALLY VACCINATED
NOT VACCINATED

**AGES 18+ BOOSTED or FULLY
VACCINATED RECENTLY**

Moderna within 5 months

Pfizer within 5 months

J&J within 2 months

AGES 5-17 FULLY VACCINATED

Except High Risk Activities*

**RECOVERED FROM COVID-19 IN THE
LAST 90 DAYS**

QUARANTINE

- Stay home 5 days after close contact. If ongoing close contact, quarantine 5 days after the person with COVID is released from isolation.
- A well-fitting mask must be worn at school.
- Test recommended on day 5.
- Watch for symptoms 14 days after close contact.
- If symptoms develop, immediately isolate and get tested.

NO QUARANTINE

- A well-fitting mask must be worn at school.
- Test recommended on day 5.
- Watch for symptoms 14 days after close contact.
- If symptoms develop, immediately isolate and get tested.

ISOLATE

Stay home until all of the following conditions are met:

- 5 days after symptoms first appeared or 5 days after test collection if no symptoms,
- 24 hours with no fever without use of fever-reducing medications, and
- Symptoms improved.
 - If symptoms are not improved, stay in isolation up until day 10.

A well-fitting mask must be worn at school.

ISOLATE AND GET TESTED FOR COVID-19

Stay home until all of the following conditions are met:

- 5 days after symptoms first appeared or a negative test result,
- 24 hours with no fever without use of fever-reducing medications, and
- Symptoms improved.
 - If symptoms are not improved, stay home up until day 10.

A medical provider may use clinical judgment to allow return sooner than 5 days when there is low suspicion of COVID-19 or diagnosis of another health condition (e.g., allergy or asthma).

Activities that do not allow for masking and distancing (e.g., athletics or choir)

- Positive students may not participate in high-risk activities until **10 days** after symptoms first appeared or test collection date if no symptoms.
- Student close contacts not up to date with all recommended COVID-19 vaccines **and** boosters for their age group must remain out of high-risk activities **10 days** after the close contact.

Individuals who are not able to wear a mask at school (e.g., mask exemption due to a medical reason) and test positive or are a close contact, must isolate or quarantine **10 days**, regardless of vaccination status.