COVID-19 Daily Self-Screening Tool

Have you (staff member or student) had any new or unusual symptoms in the last 24 hours?

1. One (1) or more of the following symptoms:
   - Fever (temperature ≥100.4°F at rest)
   - Respiratory symptoms (cough, shortness of breath, or difficulty breathing)
   - New loss of smell or taste

2. Two (2) or more of the following symptoms:
   - Chills
   - Feeling cold and shivering
   - Muscle pain or aches
   - Headache
   - Vomiting (if this is the only symptom, 48-hour exclusion.)
   - Diarrhea (if this is the only symptom, 48-hour exclusion.)

1 New/unusual symptoms are different than symptoms of ongoing health issues, such as asthma, allergies, or COPD.

2 48-hour Exclusion: Stay home for 48-hours after vomiting and diarrhea have stopped without the use of medication.

Has someone in your household been diagnosed with COVID-19?

- Diagnosed by TESTING POSITIVE
- Diagnosed by a healthcare provider (NO TEST)

Have you been in close contact (within 6 feet for more than 15 minutes) with a person diagnosed with COVID-19 while the person was contagious (48 hours before symptoms began through recovery)?

If you answer YES to symptoms 1 or 2, you may have COVID-19:

- Do NOT go to school/work.
- Communicate with your school/supervisor.
- STUDENTS: Contact your healthcare provider or WCHD.
- STAFF: Contact your healthcare provider, WCHD, or WCSD Employee Health Nurse.
- Wait at least 72 hours (3 days) after symptoms begin before being tested to avoid inaccurate results.
- You may have COVID-19. ISOLATE at home until:
  - (1) you have RECOVERED -OR-
  - (2) you test negative for COVID-19 -AND- satisfy exclusion criteria for the illness.

If you answer YES, you are a Household Contact:
If you are able to ISOLATE from CONTAGIOUS patient, follow Close Contact (below).

- Do NOT go to school/work.
- Communicate with your school/supervisor.
- Everyone in the household, who has not had COVID-19, must QUARANTINE:
  - (1) while anyone in the house is CONTAGIOUS -AND-
  - (2) for 10 days after last person RECOVERED.
- If you develop symptoms, ISOLATE at home and see “If you answer YES to symptoms” (above).

If you answer YES, you are a Close Contact:
- Do NOT go to school/work.
- Communicate with your school/supervisor.
- You must QUARANTINE at home for 10 days following your last close contact with any CONTAGIOUS COVID-19 patient.
- If you develop symptoms, ISOLATE at home and see “If you answer YES to symptoms” (above).

If you answer NO to all 3 questions regarding symptoms and exposure:

- Go to school/work, observing physical distancing and face covering guidelines.
- Continue to monitor your health. If you begin to feel unwell or are notified of a contact, use this tool and take action.

CONTACT INFORMATION

Washoe County Health District (WCHD)
COVID-19 Hotline: (775) 328-2427
Online Assessment: COVID19Washoe.com

Washoe County School District (WCSD)
Online: WashoeSchools.net/Reopening

Employee Health Nurse: (775) 348-0338

A person with COVID-19 can give the illness to others when the person, also called a patient, is infectious.

For COVID-19, infectious period begins 2 days before symptoms begin and extends through at least 10 days after symptoms begin and symptoms improve (see RECOVERED).

INCUBATION PERIOD

Symptoms can develop anytime in the 14 days after last exposure to a contagious COVID-19 patient. This time is the incubation period. Symptoms are most likely to appear in the 10 days following exposure to COVID-19.

ISOLATE

Stay home and away from others because you have COVID-19 or symptoms of COVID-19.

HOUSEHOLD CONTACT

Household Contacts are Close Contacts whose contact with a CONTAGIOUS patient is ongoing until the day after the CONTAGIOUS patient has RECOVERED.

QUARANTINE

Stay home for at least the first 10 days of the incubation period after COVID-19 exposure.

RECOVERED

A person has recovered from COVID-19 when all three of the following conditions are met:
- (1) 10 days have passed since symptoms began,
- (2) no fever, diarrhea or vomiting in last 24 hours (without symptom-reducing medicine), AND
- (3) other symptoms are improving.

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