



Washoe County School District

Every Child, By Name And Face, To Graduation<sup>SM</sup>

# COVID-19 Daily Self-Screening Tool

## Have you (staff member or student) had any new or unusual<sup>1</sup> symptoms in the last 24 hours?

### 1 One (1) or more of the following symptoms:

- Fever** (temperature  $\geq 100.4^{\circ}\text{F}$  at rest)
- Respiratory symptoms<sup>1</sup>** (cough, shortness of breath, and/or difficulty breathing)
- New loss of smell or taste**

OR

### 2 Two (2) or more of the following symptoms<sup>1</sup>:

- Chills
- Sore throat
- Feeling cold and shivering
- Fatigue
- Muscle pain or aches
- Nasal congestion
- Headache
- Nausea
- Vomiting (If this is the only symptom, 48-hour exclusion<sup>2</sup>.)
- Diarrhea (If this is the only symptom, 48-hour exclusion<sup>2</sup>.)

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

<sup>2</sup> 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?

- 1 Diagnosed by TESTING POSITIVE
- 2 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 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.

## 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).

## CONTACT INFORMATION

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

Washoe County School District (WCS D)  
 Online: [WashoeSchools.net/Reopening](https://WashoeSchools.net/Reopening)

FOR WCS D STAFF ONLY

Employee Health Nurse: (775) 348-0338

## CONTAGIOUS / INFECTIOUS

- ▶ 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.
- ▶ If the Household Contact is able to completely ISOLATE from the CONTAGIOUS patient, follow Close Contact guidance.

## 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.