

DAILY AT-HOME ATTESTATION FOR COVID-19 SYMPTOMS

All STAFF and STUDENTS will need to take this self-assessment DAILY before coming to school. A parent or guardian should assist younger children. You **DO NOT** need to submit any proof of assessment to your school site.

DO NOT COME ONTO CAMPUS IF YOU ANSWERED YES TO ANY OF THE BULLET POINTS BELOW. CONTACT YOUR HEALTH CARE PROVIDER IMMEDIATELY.

Have you:

- Had a temperature at or above 100.4° or reason to be concerned you may be developing a fever? If you do not have a thermometer, additional fever signs and symptoms may include sweating, chills and shivering, headache, muscle aches, loss of appetite, irritability, dehydration, or general weakness.
- Experienced a new cough that you cannot attribute to another health condition?
- Experienced new shortness of breath that you cannot attribute to another health condition?
- Experienced a new sore throat that you cannot attribute to another health condition?
- Experienced new muscle aches that you cannot attribute to another health condition or a specific activity such as physical exercise?
- Experienced any chills that you cannot attribute to another health condition?
- Experienced a new loss of taste or smell?
- Experienced any new nausea, vomiting, and/or diarrhea?
- Had close contact with someone who is currently sick with suspected or confirmed COVID-19?
(Note: Close contact is defined as being within 6 feet for more than 15 consecutive minutes)
- Received a positive test result for COVID-19 in the last 14 days?
- Currently, have or are suspected of having COVID-19?

This list is not an exhaustive list of all symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms such as nausea, vomiting, or diarrhea. Visit the [Center for Disease Control \(CDC\)](#) or the [California Department of Public Health \(CDPH\)](#) website for additional information.