



## SDUHSD Daily Symptom Checker

SDUHSD Students:

**You are encouraged to take your temperature at home, and review any symptoms you may be experiencing related to COVID-19. You will be asked to stay home if you have a fever or one or more symptoms or have been in close direct contact (\*) with anyone who has been diagnosed with COVID-19.**

**Please contact your school attendance secretary if you are staying home. We encourage you to contact your healthcare provider.**

1. Do you have a temperature of 100 degrees F or more?
2. Are you experiencing any symptoms associated with COVID-19
  - a. New cough, nasal congestion, or runny nose
  - b. Shortness of breath or difficulty breathing
  - c. New muscle pain or fatigue
  - d. Headache (that is not normal for you)
  - e. Sore throat
  - f. New loss of taste or smell
  - g. Nausea, vomiting, abdominal pain or diarrhea
3. Have you been in **close direct contact (\*)** with anyone who has been diagnosed with COVID-19, within the last 48 hours?

**\*Close direct contact** is defined as being within 6 feet of each other for 15 minutes (San Diego Public Health) or longer (prolonged periods of time) or contact with body fluids or secretions (coughed or sneezed on)

**IF YOU ANSWER YES TO ANY OF THE QUESTIONS ABOVE, PLEASE RETURN HOME AND CONTACT YOUR HEALTHCARE PROVIDER**