WE NEED YOUR HELP!

Daily Wellness Check

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!

Photo credit: Centers for Disease Control and Prevention.

Revised 1/3/22
# Return to School/Work Criteria

## For Someone with COVID-19-like Symptoms

**Must meet ALL three criteria in ONE of these columns**

<table>
<thead>
<tr>
<th>Negative COVID-19 Test</th>
<th>At Least 5 Days</th>
<th>Doctor’s Note*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Proof of a negative COVID-19 test result.</td>
<td>1 At least 5 days have passed since symptoms first appeared.</td>
<td>1 A signed note from a licensed medical provider.</td>
</tr>
<tr>
<td>2 At least 24 hours have passed since last fever without the use of fever-reducing medication.</td>
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</tr>
<tr>
<td>3 Symptoms have improved.</td>
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</tr>
</tbody>
</table>

## For Someone with Other Symptoms

**Must meet ALL criteria below**

| 1 No known risk of recent exposure to COVID-19. | 2 At least 24 hours have passed since last fever without the use of fever-reducing medication. | 3 Symptoms have improved. |

## For Someone Who Tests Positive for COVID-19

**Must meet ALL criteria below**

| 1 At least 5 days have passed since symptoms onset, or if no symptoms, at least 5 days have passed since the date of the positive test. | 2 At least 24 hours have passed since last fever without the use of fever-reducing medication. | 3 Symptoms have improved. |

## For Someone Who Is a Close Contact of a COVID-19 Case†

### Boosted or Fully Vaccinated Recently‡

| 1 Get tested 5 days after exposure. |
| 2 Quarantine is not required unless symptoms develop. |
| 3 Monitor for COVID-19-like symptoms for 14 days. |

### Not Boosted or Fully Vaccinated Recently

| 1 Get tested 5 days after exposure. |
| 2 Quarantine for 5 days after exposure and if continued exposure, 5 days after the confirmed case is released from isolation. Quarantine is not shortened by a negative COVID-19 test. |
| 3 Monitor for COVID-19-like symptoms for 14 days. |

*When there is low-suspicion of COVID-19 or diagnosis of another health condition (e.g., allergy or asthma), a medical provider may use clinical judgment to allow return to school or work.

†A close contact who recovered from COVID-19 in the last 90 days does not need to quarantine unless symptoms develop.

‡ Someone is fully vaccinated against COVID-19 two weeks after the second dose in a 2-dose series or two weeks after a single dose of the J&J vaccine. Recently is within six months of a 2-dose series vaccine or two months of a J&J vaccine.