Daily Wellness Check

WE NEED YOUR HELP!

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!

Revised 3/10/22
Return to School/Work Criteria

WHO MUST QUARANTINE
- Ages 18+ NOT up to date with vaccines
- Ages 5-17 NOT fully vaccinated
- Not eligible for vaccines

WHO DOES NOT NEED TO QUARANTINE
- Ages 18+ up to date with vaccines
- Ages 5-17 fully vaccinated EXCEPT for high risk activities*
- Recovered from COVID-19 in the last 90 days
- K-12 school exposed close contacts

CLOSE CONTACT
Exposed in household or non-school setting
Day zero is the date of last contact

QUARANTINE
- Stay home 5 days after close contact. If ongoing close contact, quarantine 5 days after the person with COVID-19 is released from isolation.
- Test recommended on day 5.
- Watch for symptoms 10 days after close contact.
- If symptoms develop, immediately isolate and get tested.

NO QUARANTINE
- Test recommended on day 5.
- Watch for symptoms 10 days after close contact.
- If symptoms develop, immediately isolate and get tested.

COVID-19 POSITIVE
Day zero is the day of symptoms onset or if no symptoms, the test collection date

ISOLATE
- Stay home 5 days after symptoms onset or if symptoms never develop, 5 days after the positive collection date AND
- 24 hours with no fever without use of fever-reducing medications AND
- Symptoms improved. If symptoms are not improved, stay home.

ISOLATE AND GET TESTED FOR COVID-19
- Stay home 5 days after symptoms onset OR a negative test result AND
- 24 hours with no fever without use of fever-reducing medications AND
- Symptoms improved. If symptoms are not improved, stay home.

A medical provider may use clinical judgment to allow return sooner than 5 days when there is low suspicion of COVID-19 or diagnosis of another health condition (e.g., allergy).

COVID-19 SYMPTOMS
Even mild
Day zero is the day of symptoms onset

MASKING
Individuals unable to wear a mask consistently or correctly when indoors (e.g., preschool age or medical reason) and have tested positive or had household or non-school close contact, must isolate or quarantine 10 days, regardless of vaccination status.

*HIGH RISK ACTIVITIES
These increase exhalation and spread of COVID-19

- Individuals who test positive must remain out of high-risk activities (e.g., sports and choir) until 10 days after symptoms onset or if symptoms never develop, 10 days after the positive test collection date.
- Individuals who are household or non-school related close contacts not up to date with CDC recommended COVID-19 vaccines and boosters for their age group must remain out of high-risk activities 10 days after exposure.