



## COVID-19 Student Health Assessment Self-Screening Tool

Students who are attending school in person during the COVID-19 outbreak must perform a self- screening at home **BEFORE** reporting to school each day. Parents should ensure this self-screening occurs before leaving home.

Please answer the following questions.

- In the past 14 days, have you been near (within 6 feet for at least 15 minutes) a person who has a lab-confirmed case of COVID-19, or have you had direct contact with their mucus or saliva?
  
- In the last 48 hours, have you had any of the following symptoms?
  - Fever of 100.4 F or above (or symptoms like alternating shivering and sweating)
  - New cough
  - New trouble breathing, shortness of breath or severe wheezing
  - New chills or shaking with chills
  - New muscle aches
  - Sore throat
  - Vomiting or diarrhea
  - New loss of smell or taste, or a change in taste
  - Nausea
  - Fatigue
  - Headache, congestion or runny nose with no other known cause (such as allergies)

If you answered **YES** to any of the questions above, do **NOT** report to work or school today. Instead, contact your supervisor and your doctor.

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This screening tool was adapted from the Mayo Clinic's online COVID-19 Self-Assessment. To use the Mayo Clinic's tool online, visit [mayoclinic.org/covid-19-self-assessment-tool](https://www.mayoclinic.org/covid-19-self-assessment-tool).