



Fargo Public Schools | COVID-19 Health Checklist

COVID-19 SYMPTOMS

The single most important thing to do if any of the following symptoms are present is to **STAY HOME**. Our collective health relies, in part, on individual attention and responsibility. Note that some symptoms of COVID-19 are the same as the flu or a bad cold; please do not assume it is another condition. When in doubt, stay home.

Below is the full list of COVID-19 symptoms for which caregivers should monitor their children, and adults should monitor themselves (Center for Disease Control, 2020).

Stay home and monitor if experiencing any ONE of the following symptoms:

- Fever (100.4° Fahrenheit or higher), chills, or shaking chills
- New loss of taste or smell

Stay home and monitor if experiencing TWO OR MORE of the following:

- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- Sore throat
- Headache
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue
- Nasal congestion or runny nose (not due to other known causes, such as allergies)

WHAT TO DO IF YOU ARE SICK

Contact your primary healthcare provider for further instructions and get a test for active COVID-19 infection; **STAY HOME** until test results are received. If the test is negative and the student/staff member is no longer symptomatic, the student or staff member may return to school. If the test is positive, you will be contacted by local health authorities or healthcare providers with further instructions.

While specific protocols vary, here are some common elements for each possible COVID-19 scenario:

- Evaluate symptoms
- Test for COVID-19 and **STAY AT HOME** while awaiting results
- Separate from others (isolate); wear a face mask
- Clean and disinfect spaces visited by the person

If a student or staff member tests positive for COVID-19:

- Remain at home at least 10 days and until at least 24 hours have passed with no fever and improvement in other symptoms
- Monitor symptoms; stay in contact with your healthcare provider
- Notify your school and personal close contacts
- Answer the call from North Dakota Department of Health and/or the Cass County Health Department regarding contact tracing to help identify close contacts to prevent further transmission
- Secure release from public health authority contact tracers for return to school

