

## COVID-19 SELF MONITORING CHECKLIST

In light of the coronavirus crisis and concerns for your health and well-being, the Diocese of Reno’s Department of Catholic Schools has established guidelines for employees, students and families. Below is a list of health-monitoring questions that you are required to answer honestly each day for your child and family. The health and safety of others depends on your candor—life and death are literally on the line in this pandemic. **If any of your responses for any family member or your child is yes, you must keep your child at home and you must call the office to notify them.**

Failure to respond accurately will result in the school expelling your child. You are our partners! Thank you for understanding.

Additionally, all children attending Diocesan schools during the COVID-19 pandemic will have their temperature taken prior to entering the campus to ensure that it is within the normal range, which is below 100.4. Unless otherwise directed by the school, parents must take care of this requirement. Only children who are fever free will be admitted. If during the day your child develops a fever, you will need to pick up your child.

<u><b>SYMPTOMS OF INFECTION</b></u>	<u><b>YES</b></u>	<u><b>NO</b></u>
Fever of 100.4 or higher	_____	_____
Cough	_____	_____
Headache	_____	_____
Sore Throat	_____	_____
Shortness of Breath	_____	_____
Fatigue	_____	_____
Loss of taste or smell	_____	_____
Muscle or body aches	_____	_____
Congestion or runny nose	_____	_____
Nausea or vomiting	_____	_____
Diarrhea	_____	_____
Had contact with anyone who has been diagnosed with, or who may have symptoms associated with COVID-19.	_____	_____

**If you answered “Yes” to any of the above, it is not safe to enter the building – You may not bring your child to school and notify the office by 9:00 am. Please stay home and consult your health care professional. If your student is awaiting test results for COVID-19 or any other infectious disease, please have them refrain from coming to school until they receive a negative test or have clearance from their healthcare provider.**

In addition to monitoring symptoms, children and employees will take actions to assure safety. This includes, but is not limited to, already established and newly added sanitation steps, social distancing practices, and other precautions added to already developed practices, in conformance with generally accepted CDC and related guidelines.

- ✓ Wash hands often, and for at least 20 seconds.
- ✓ Avoid touching faces.
- ✓ Practice social distancing established for child care during COVID-19.
- ✓ Cover your coughs and sneezes.
- ✓ Clean and disinfect frequently touched objects.
- ✓ Call your doctor if your child has a fever, cough, and shortness of breath.