

Freshwater School Daily Symptom Checker

Before sending your child(ren) to school each morning, first verify that your child **DOES NOT** have any the following:

-A temperature greater than 100.4

-Exposure to anyone suspected of having COVID-19

-Any of the symptoms listed below that can't be explained due to allergies, smoke, typical personal bodily functions, etc.

Fever or 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

If your child is not vaccinated and has traveled out of California it is recommended to get tested with a viral test 1–3 days before travel and 3–5 days after travel. Also, even if you test negative, you should stay home and self-quarantine for a full **7 days** after travel.

If you don't get tested, stay home and self-quarantine for **10 days** after travel.

