

Review this COVID-19 Daily Self Checklist each day before reporting to work.

- Please remember- If you're **NOT** fully vaccinated- you must follow CDC Travel guidelines.
- If you're are not vaccinated- Have you been identified as a "close contact" with someone who has been diagnosed with COVID-19?
- Have you been placed on quarantine or been asked to self-isolate or quarantine by a medical professional or a local public health official?
- Do you have a fever (temperature over 100.0) without having taken any fever reducing medications?
- New Loss of Smell or Taste?
- Muscle Fatigue?
- Sore Throat?
- Cough?
- Shortness of Breath?
- Chills? Headache?
- Congestion/runny nose?
- Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?

If you reply yes to any of the questions above you MUST STAY HOME and follow the steps below:

Step 1: Call or Email your supervisor and email the school nurse's office at mkennedy@cmcspecialservices.org

Step 2: Enter your absence in Frontline

Step 3: Follow district procedures that can be found on our website under Staff Resources