To protect the health and safety of others, all YCSD students and staff members are expected to perform the following daily health check before coming to school or work.

**Symptoms**
If you or your child are experiencing any of these symptoms, please **STAY HOME** until symptom-free for at least 24 hours without medication.

- Temperature 100.0 F or higher
- Cough/shortness of breath/difficulty breathing*
- Chills
- Fatigue
- Muscle/Body aches
- Headache
- Sore throat
- Congestion
- Diarrhea, nausea or vomiting
- New loss of taste or smell
- Unusual rash
- Red or pink eyes not explained by allergies or injury

*(for students with chronic allergic/asthmatic cough, a change in their cough from baseline)*

**Potential COVID-19 Exposure/Close Contact**
If you or your child have participated in any of the following activities, please take extra precautions (face coverings, frequent handwashing, etc.) and/or follow recommended isolation/quarantine measures in accordance with state and national guidance.

- Traveled to a high-risk state or country, as defined by the CDC
- Had close contact with an individual who has traveled to a high-risk state or country, as defined by the CDC
- Had close contact with a person with confirmed COVID-19

Exposure or close contact includes living in the same household, being within 6 feet of the person for 15 minutes or longer, or being in direct contact (e.g., sharing utensils, coughing, sneezing, kissing, etc.).


**Pending or Positive COVID-19 Test Results**
If you, your child, or a member of your immediate household, has been tested for COVID-19, please **STAY HOME** until test results have come back negative. If you or your child receives a positive COVID-19 test result, please notify your school nurse or building administrator immediately.

**Tips for Returning to School & Work Safely**

- Allow time each morning to complete the screening checklist.
- Use the same thermometer on the same spot each day for consistency. When using an oral thermometer, avoid food or drinks for at least 15 minutes prior.
- Practice appropriate mask use. Students and staff are required to wear masks when 6 feet of distancing cannot occur. Make sure you know how to wear your mask and how to properly take one on and off.
- Practice hand hygiene. Make proper handwashing a frequent part of the daily routine (at least 20 seconds ensuring the front, back and in-between fingers are washed).
- Practice distancing. Consider ways to visualize a six-foot distance, such as measuring spots on the floor or using yardsticks or arm length between two people.
- Purchase reusable water bottles. Schools will only have water-refilling stations operating, not water fountains.