

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.

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| <input type="checkbox"/> Temperature 100.0 F or higher | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Cough/shortness of breath/difficulty breathing* | <input type="checkbox"/> Congestion |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Diarrhea, nausea or vomiting |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> New loss of taste or smell |
| <input type="checkbox"/> Muscle/Body aches | <input type="checkbox"/> Unusual rash |
| <input type="checkbox"/> Headache | <input type="checkbox"/> 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.).

High-Risk Travel Areas - <https://www.vdh.virginia.gov/coronavirus/frequently-asked-questions/u-s-travelers/>

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.