



# Daily Wellness Check

**WE NEED YOUR HELP!**

HIDOE employees, contracted service providers, visitors and students must complete a wellness check each morning before going to school or work if fully vaccinated or not. Please report any illness or COVID-19 exposure to the school or supervisor.



## CHECK FOR COVID-19-LIKE SYMPTOMS OF ILLNESS

If any symptoms of illness are present,  
**do not go to school or work.**

- Fever (higher than 100°F or hot to the touch)
- 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

Anyone with COVID-19 symptoms, even mild symptoms, should stay home from school, work and other activities. Those with symptoms who have not been tested should be tested as soon as possible.

**HELP US TO KEEP OUR SCHOOLS  
HEALTHY AND SAFE!**

# Return to School/Work Criteria



Revised 3/10/22

## WHO MUST QUARANTINE

- Ages 18+ **NOT** up to date with vaccines
- Ages 5-17 **NOT** fully vaccinated
- Not eligible for vaccines

## WHO DOES NOT NEED TO QUARANTINE

- Ages 18+ up to date with vaccines
- Ages 5-17 fully vaccinated **EXCEPT** for high risk activities\*
- Recovered from COVID-19 in the last 90 days
- K-12 school exposed close contacts

## CLOSE CONTACT

Exposed in household or non-school setting

*Day zero is the date of last contact*

## QUARANTINE

- Stay home 5 days after close contact. If ongoing close contact, quarantine 5 days after the person with COVID-19 is released from isolation.
- Test recommended on day 5.
- Watch for symptoms 10 days after close contact.
- If symptoms develop, immediately isolate and get tested.

## NO QUARANTINE

- Test recommended on day 5.
- Watch for symptoms 10 days after close contact.
- If symptoms develop, immediately isolate and get tested.

## COVID-19 POSITIVE

*Day zero is the day of symptoms onset or if no symptoms, the test collection date*

## ISOLATE

- Stay home 5 days after symptoms onset or if symptoms never develop, 5 days after the positive collection date AND
- 24 hours with no fever without use of fever-reducing medications AND
- Symptoms improved. If symptoms are not improved, stay home.

## COVID-19 SYMPTOMS

Even mild

*Day zero is the day of symptoms onset*

## ISOLATE AND GET TESTED FOR COVID-19

- Stay home 5 days after symptoms onset OR a negative test result AND
- 24 hours with no fever without use of fever-reducing medications AND
- Symptoms improved. If symptoms are not improved, stay home.

A medical provider may use clinical judgment to allow return sooner than 5 days when there is low suspicion of COVID-19 or diagnosis of another health condition (e.g., allergy).

## MASKING

Individuals unable to wear a mask consistently or correctly when indoors (e.g., preschool age or medical reason) and have tested positive or had household or non-school close contact, must isolate or quarantine 10 days, regardless of vaccination status.

## \*HIGH RISK ACTIVITIES

These increase exhalation and spread of COVID-19

- Individuals who test positive must remain out of high-risk activities (e.g., sports and choir) until 10 days after symptoms onset or if symptoms never develop, 10 days after the positive test collection date.
- Individuals who are household or non-school related close contacts not up to date with CDC recommended COVID-19 vaccines **and** boosters for their age group must remain out of high-risk activities 10 days after exposure.