



# 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 1/11/22



Day zero is the day of close contact, positive test, or onset of symptoms.

<p><b>AGES 18+ NOT BOOSTED or FULLY VACCINATED RECENTLY</b></p> <p><b>PARTIALLY VACCINATED</b></p> <p><b>NOT VACCINATED</b></p>	<p><b>AGES 18+ BOOSTED or FULLY VACCINATED RECENTLY</b></p> <p>Moderna within 5 months Pfizer within 5 months J&amp;J within 2 months</p> <p><b>AGES 5-17 FULLY VACCINATED</b></p> <p>Except High Risk Activities*</p> <p><b>RECOVERED FROM COVID-19 IN THE LAST 90 DAYS</b></p>
<p><b>QUARANTINE</b></p> <ul style="list-style-type: none"> <li>Stay home 5 days after close contact. If ongoing close contact, quarantine 5 days after the person with COVID is released from isolation.</li> <li>A well-fitting mask must be worn at school.</li> <li>Test recommended on day 5.</li> <li>Watch for symptoms 14 days after close contact.</li> <li>If symptoms develop, immediately isolate and get tested.</li> </ul>	<p><b>NO QUARANTINE</b></p> <ul style="list-style-type: none"> <li>A well-fitting mask must be worn at school.</li> <li>Test recommended on day 5.</li> <li>Watch for symptoms 14 days after close contact.</li> <li>If symptoms develop, immediately isolate and get tested.</li> </ul>
<p><b>ISOLATE</b></p> <p>Stay home until all of the following conditions are met:</p> <ul style="list-style-type: none"> <li>5 days after symptoms first appeared or 5 days after test collection if no symptoms,</li> <li>24 hours with no fever without use of fever-reducing medications, and</li> <li>Symptoms improved.             <ul style="list-style-type: none"> <li>If symptoms are <u>not</u> improved, stay in isolation up until day 10.</li> </ul> </li> </ul> <p>A well-fitting mask must be worn at school.</p>	
<p><b>ISOLATE AND GET TESTED FOR COVID-19</b></p> <p>Stay home until all of the following conditions are met:</p> <ul style="list-style-type: none"> <li>5 days after symptoms first appeared or a negative test result,</li> <li>24 hours with no fever without use of fever-reducing medications, and</li> <li>Symptoms improved.             <ul style="list-style-type: none"> <li>If symptoms are <u>not</u> improved, stay home up until day 10.</li> </ul> </li> </ul> <p>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 or asthma).</p>	
<p>Activities that do not allow for masking and distancing (e.g., athletics or choir)</p> <ul style="list-style-type: none"> <li>Positive students may not participate in high-risk activities until <b>10 days</b> after symptoms first appeared or test collection date if no symptoms.</li> <li>Student close contacts not up to date with all recommended COVID-19 vaccines <b>and</b> boosters for their age group must remain out of high-risk activities <b>10 days</b> after the close contact.</li> </ul>	
<p>Individuals who are not able to wear a mask at school (e.g., mask exemption due to a medical reason) and test positive or are a close contact, must isolate or quarantine <b>10 days</b>, regardless of vaccination status.</p>	

**CLOSE CONTACT**  
with a person who has COVID-19

**POSITIVE**  
for COVID-19 regardless of vaccination status

**COVID-19 SYMPTOMS**  
(even mild)

**\*HIGH RISK ACTIVITIES**

**MASK EXEMPTION**