How to Screen Your Child for COVID-19 Symptoms

STRONG4LIFE

Children's Healthcare of Atlanta

As parents, we're always mindful of how our children are feeling before they go to school. But this year we'll have to pay more attention than ever to do our part to minimize the spread of germs.

Symptoms checklist

Follow this checklist at home each day to screen your child for symptoms before leaving for school:

- ❏ Cough
- ❏ Nasal congestion or runny nose
- ❏ Sore throat
- ❏ Diarrhea
- ❏ Nausea or vomiting
- ❏ Headache
- ❏ Loss of appetite
- ❏ Fatigue
- ❏ Muscle pain or soreness
- ❏ Temperature greater than 100.4°F or chills
- ❏ Shortness of breath or difficulty breathing
- ❏ New loss of taste or smell

If your child is experiencing any of the above symptoms, do not send them to school and consult with their healthcare provider to determine whether or not they need medical care.

Your child should **not** return to school if:

- They are experiencing any of the symptoms listed above.
- They are taking medication to reduce fever.
- They have a known exposure (close contact) with an infected person.

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.).

Going back to school safely

- Give yourself plenty of time to get through the screening checklist before you leave so no one feels rushed.

- Use the same thermometer on the same spot each day for consistency. Any type of thermometer will do, but if you take their temperature orally (by mouth), make sure they don't eat or drink anything 15 minutes prior.

- Introduce your child to masking as early as possible and practice at home.

- Remind your child to wash their hands frequently, and make it a part of your daily routine.

The information provided is only a recommendation. Be aware of and follow your school or district's guidelines for reporting exposure and returning to school. Please refer to CDC.gov for an updated list of symptoms.

For more tips and expert advice, visit Strong4Life.com/reopening.