



# 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. 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 should stay home from school, work and other activities. Follow the [DOH Isolation and Quarantine Guidance](#). If someone develops symptoms at school/work, they will be sent home. Those with symptoms who have not been tested, should be tested as soon as possible.

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