



Timberlane School District Daily Home Screening for Students and Staff for COVID 19

Please complete this short home screening each morning and report any concerns that you have may have to your school nurse. This form does not need to be turned in but is merely a tool to self check COVID 19 symptoms.

Thank You!

Does the individual have any new or unexplained symptoms of COVID 19?

Including:

- Temperature of 100 F or greater
- chills
- cough,
- shortness of breath
- sore throat
- nasal congestion,
- runny nose
- fatigue,
- muscle or body aches
- headache
- new loss of taste or smell
- nausea or vomiting, diarrhea

Has had close contact with someone who is suspected or confirmed to have COVID-19 in the prior 14 days?

Traveled in the prior 14 days outside of New England (outside of NH, VT, ME, MA, CT,RI)?

Travelers now have the option to shorten their travel-related quarantine if all the following apply: the person gets a molecular-based test (an antigen is not acceptable) on day 7 (or later) of their quarantine, the person tests negative, and they remain asymptomatic. A rapid result test will not be accepted by the District as related to travel quarantine. This 7-day “test out” of travel quarantine option applies ONLY to travel-related quarantine and NOT quarantine due to other types of exposure.

**** If you plan to travel with your family, please notify the school nurse. They can assist you with the travel and quarantine guidance. ****