

Student Self-Screening Checklist

Review checklist **BEFORE** leaving the home to report to school on premises

1. In the past 24 hours, have you experienced any of the following:

Two of the following symptoms:

- | | |
|-----------------------|-------------|
| Fever (above 100.4 F) | Sore throat |
| Chills | Congestion |
| Fatigue | Nausea |
| Myalgia | Vomiting |
| Headache | Diarrhea |



One of the following symptoms:

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste or smell

2. In the past 24 hours, have you been exposed to anyone who has tested positive for COVID-19?

If you reply YES to any of the questions above, please stay home and follow the steps below:

Step 1: Report absence to your school attendance office. Please state "symptomatic" or "exposure to symptomatic individual" as the reason for staying home.

Step 2: Based on your reply to above questions, it is recommended by the Montgomery County Office of Public Health to get tested for COVID-19. Montgomery County testing centers can be found [here](#)

Do not enter a Methacton facility until cleared by a physician to return to school or meet the following criteria listed below:

ISOLATION REQUIREMENTS

Student has Positive COVID-19 PCR or Antigen Test

WITH SYMPTOMS: May return to school after: • 24 hours with no fever AND • Improvement in symptoms AND • 10 days since symptoms first appeared.

WITHOUT SYMPTOMS: May return to school after: • 10 days after specimen was collected If symptoms develop during the 10 days, follow return to school guidance for positive PCR or Antigen test WITH symptoms.

QUARANTINE REQUIREMENTS

Student is Close Contact to Positive

WITH SYMPTOMS: Individual should be tested for COVID-19 - May return to school after: • 24 hours with no fever AND • Improvement in symptoms AND • 10 days since symptoms first appeared.

WITHOUT SYMPTOMS: Quarantine can end 10 days after exposure without testing OR after 7 days with a negative PCR or antigen test (must be collected on day 5 or thereafter).

People who are vaccinated **do NOT** need to quarantine after an exposure to another person with COVID-19 if they meet ALL of the following criteria: They are fully vaccinated AND they have remained asymptomatic since the current COVID-19 exposure. See additional DOPH Guidance.

All exclusion determinations for students with CLOSE CONTACT to Positive cases will be determined by the Montgomery County Department of Health following their assessment and contact tracing.