

# 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:

*Fever (above 100.4 °F)*  
*Headache*  
*Fatigue*  
*Chills*  
*Congestion or runny nose*  
*New loss of taste or smell*

*Muscle or body aches*  
*Cough*  
*Nausea or vomiting*  
*Diarrhea*  
*Sore throat*  
*Shortness of breath or difficulty breathing*

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

3. Have you traveled to any of these [states/locations](#) in the past 14 days?

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**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" or "traveled to state" as the reason for staying home.

**Step 2:** You should be tested for COVID-19. Montgomery County testing centers can be found [here](#)

- You shall not enter a Methacton facility until cleared by a physician to return to school or meet the following criteria listed below:
  - If test result is **NEGATIVE**, on premises return permitted after 24 HOURS if fever free **AND** improved symptoms.
    - Copy of test results required in order to return.
  - If test result is **POSITIVE**, on premises return permitted after:
    - *Positive with symptoms:* You must meet all 4 criteria -> 24 hours with no fever **AND** improvement in symptoms **AND** 10 days since symptoms first appeared **AND** provide copy of test results.
    - *Positive without symptoms:* You must meet all 3 criteria -> You may return after 10 days of testing date **AND** provide copy of test results **AND** letter from contact tracer stating date of return to school.
- If testing is NOT required by a healthcare provider, you will need documentation of a differential diagnosis and must be fever free for 24 hours **AND** improved symptoms to return.

*Thank you for your cooperation in helping limit exposure to COVID-19 and in helping protect self and others.*