

Student



Symptom Check-Are you experiencing:fever or 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, or diarrhea.



Exposure-Have you been exposed to anyone recently you know has COVID?



Temperature-Take your temperature before school, is it over 100 degrees?

If any questions are yes, stay home, and contact the school

Set

The Gilbert School Health Services COVID Self Assessment Guide



Kelli Gilbert RN BSN
gilbertk@gilbertschool.org
Darlene Webb RN
webbd@gilbertschool.org

Tel:860 379 8521 x1441

What is a self assessment?

A self assessment is a quick check on yourself that you do every morning to see if you exhibit any possible symptoms of COVID.

It is designed to reduce the chance of spreading COVID to others

Get Ready....



Parent

- ✓ Please make sure your child does a self assessment and temperature check each morning
- ✓ If your student is exhibiting ANY symptoms in the self assessment, please contact your physician for an evaluation and have your child stay home
- ✓ Contact the school if your child is out sick, the school nurse will contact you for more information
- ✓ Provide the school with necessary paperwork from the doctor
- ✓ Contact the school if your child or someone in your family is ill or you have been exposed to someone with COVID

Important Info!

Masks-Please make sure your child wears a mask to school. Please do not use a mask with a button on it.

Emergency Contacts-It is important we have alternate emergency contacts on file.

Please complete your beginning of the year paperwork right away

If your child is sick at school-children who are exhibiting any symptom of COVID will go to a separate area with a nurse and await pick up. Please have plans in place for a timely pick up.



GO!



Need Help? Questions?

We are here to help you!
If you need a thermometer at home and are unable to afford one, please contact Mrs. Gilbert. For any COVID related questions, please don't hesitate to reach out to us. We can do this together!