

## SELF-SCREENING

Every day ask yourself or your student the following screening questions BEFORE entering a school building:

### Do you have 1 of the following?

- Onset of Shortness of Breath or Difficulty Breathing
- New Onset of Dry Cough
- New Onset of Loss of Taste or Smell

### Do you have 2 or more of the following?

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Chills Longer than Two Hours   | <input type="checkbox"/> Sore Throat |
| <input type="checkbox"/> Congestion and/or Runny Nose   | <input type="checkbox"/> Headache    |
| <input type="checkbox"/> Nausea, Vomiting, or Diarrhea  | <input type="checkbox"/> Muscle Pain |
| <input type="checkbox"/> Fever (measured or subjective) |                                      |

### Do you have at least 1 symptom AND have you had contact with COVID-19?

- Close contact with someone positive for COVID-19?**  
*(Contact longer than 15 minutes within 6 feet without a face covering or residing with someone who is positive.)*



**If you answered YES to ANY of the above questions, do NOT return to your school building:**

- Contact your doctor or seek medical care.
- Get tested for COVID-19. Stay home until you get results.
- Self-isolate. Do not return until your test result comes back or you have a note confirming an alternative diagnosis from a health care provider. You must complete any directed quarantine or isolation periods before returning to school.

### Have you been directed to isolate or quarantine?

- Follow the directives issued to you by your health department
- Notify your school administration

### GET TESTED FOR COVID-19!

- TEST NEBRASKA - <https://www.testnebraska.com/en>



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## STAY HEALTHY AND STAY OPEN THINGS FAMILIES CAN DO



Monitor your student for symptoms and check their temperature each day.



Provide a clean mask to take to school each day.

If anyone in your family has tested positive for COVID-19, has symptoms, or has had close contact with someone with COVID-19...



Contact the school *and*



Keep everyone in your family home from school, work, and activities until you are contacted by your school or the health department for next steps.



Have a plan and be ready if your child needs to be out of school.

Continue to protect your family, the school, and the community by...



6 Feet

Washing hands frequently, social distancing, and wearing masks in public places.

Be aware of the state-directed health measure (DHM) requirements in effect for Adams, Clay, Nuckolls and Webster counties.

Have questions?

Contact us at:

(402) 462-6211 or (877) 238-7595

[www.southheartland.org](http://www.southheartland.org)



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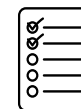
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