



LAKELAND CHRISTIAN SCHOOL

COVID-19 DAILY SELF CHECKLIST

Review this COVID-19 Daily Self Checklist **each day at home**.
Simply give us a thumbs-up if your child is in good health.

If your child has any of the symptoms below, please keep your child at home.

- Temperature of 100.4 degrees Fahrenheit or higher
- Sore Throat
- New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
- Diarrhea, vomiting, or abdominal pain
- New onset of severe headache, especially with a fever

If any of the following apply, please keep your child at home.

- Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed Covid-19
- Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person under quarantine for possible exposure to Covid-19
- New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)