



Rocklin Academy Family of Schools STUDENT DAILY HEALTH SURVEY

Instructions: Please check your child's symptoms at home daily.

If you answer **YES** to any of the below questions, your student is not allowed to come on to the school campus and should fill out the attendance form on your school website.

Under order of the Public Health Officer if you suspect you have symptoms consistent with COVID-19 you should be tested for COVID-19 and must stay home for at least 10 days since symptoms first appeared AND 24 hours since your last symptom or for 14 days after your last exposure.

Please check your child's temperature daily.

If your child has a temperature of more than 100.4°, they may not come to campus.

Has your child been exposed to someone with COVID-19 in the past 14 days?

Does your child feel ill?

Trust your judgement. You know best how your child looks and acts when they are getting sick.

In the last 24 hours, has your child had any of these symptoms, new or different from what they usually have? On Mondays please include any symptoms experienced over the weekend.

- Fever or Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Congestion or runny nose
- Sore throat
- Headache
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea

Answer **yes** if the symptom is **NEW OR DIFFERENT** for your child, or **UNEXPLAINED**. Examples include:

Your child has asthma. They often cough with exercise or allergies.

- *They have their usual cough → **NO, this is not new or different and in the absence of another listed symptom they are most likely okay to attend school.***
- *Their cough is worse than usual or sounds different than usual → **YES, this is different and they should not attend.***

Your child complains that their muscles hurt all over.

- *A day or two after increased physical activity. They look well except for feeling sore. → **NO.***
- *They have not done unusual physical activity, and they are not themselves. → **YES, this is unexplained.***