



CAPE HENLOPEN SCHOOL DISTRICT

COVID-19 Self- Screening Tool

Students and Staff in Cape Henlopen School District must perform a self-screening at home prior to reporting to school or work each day.

If you answer YES to any of the questions below, do NOT report to school or work. Instead, contact the school office and your Health Care Provider.

In the past 14 days, have you been near (within 6 feet for at least 15 minutes) a person who has a lab-confirmed case of COVID-19, or have you had direct contact with their mucus or saliva?

In the last 48 hours, have you had any of the following symptoms?

- Fever of 100.4 F or above (or symptoms like alternating shivering and sweating)
- New cough
- New trouble breathing, shortness of breath or severe wheezing
- New chills or shaking with chills
- New muscle aches
- Sore throat
- Vomiting or diarrhea
- New loss of smell or taste, or a change in taste
- Nausea
- Fatigue
- Headache, congestion or runny nose with no other known cause (such as allergies)

If you answer YES to any of the questions above, do NOT report to school or work. Instead, contact the school office and your Health Care Provider.

Adapted from Mayo Clinics' Online Tool- www.mayoclinic.org/covid-19-self-assessment-tool