

Cape Henlopen School District

# COVID-19 SELF-SCREENER

for students and staff

Every morning before you leave your home, please check for signs or symptoms of illness. These signs and symptoms include:



**Fever of 100.4° or Chills**



**Sore throat, runny nose  
or congestion**



**Cough or shortness of  
breath**



**Diarrhea, nausea or  
vomiting, abdominal pain**



**Headache, muscle aches  
or fatigue**



**New loss of taste  
or smell**

1. Do you have any sign of illness?
2. Were you in close contact (within 6 feet and for 15 minutes or longer) with anyone confirmed with COVID-19? *Skip this question if you are fully vaccinated. (Fully vaccinated is 14 days after your second shot of Pfizer or Moderna, or single shot of Johnson and Johnson.)*
3. If the answer is YES to any of the questions, DO NOT come to school/work. Instead, contact your healthcare provider and notify your principal and school nurse that you will not be at school/work. Only a positive test or a healthcare provider's diagnosis can confirm if someone has a current infection.
4. Please stay home until you are cleared by a healthcare provider or receive a negative COVID-19 test that has been administered and verified by a licensed healthcare provider.

***If you have trouble breathing, chest pain, new confusion, inability to wake or stay awake, or bluish lips or face, Call 911.***

HELP US KEEP ALL OF **Cape** HEALTHY & SAFE!