

# Kettering City Schools

## Daily Health Check for Staff, Students, & Visitors

### Instructions:

1. **If you answer “YES”** to any one of these questions, you are not allowed to enter the school building or classroom.
2. **If you answer “No”** to all questions you may enter the building.

### Daily Health Assessment Questions:

1. **Have you had any signs or symptoms of a fever** in the past 24 hours such as chills, sweat, felt “feverish” or had a temperature that is elevated for you (or 100 F or greater)
2. **Do you have any of the following symptoms?**
  - Cough
  - Shortness of breath/  
Difficulty breathing
  - Sore throat
  - Nasal congestion/runny nose
  - Body or muscle aches
  - New loss of taste and/or smell
  - Diarrhea/Nausea/Vomiting
  - Chills or body shakes
  - Fatigue
  - Headache
3. **Have you been in contact** within the last 14 days with someone with a confirmed diagnosis of COVID-19? **OR** Have you been told to self-quarantine because of exposure to someone with COVID-19? **OR** Do you have a pending test result for COVID-19?

### While in the building:

1. Maintain physical distancing, keeping a minimum of 6’ distance apart.
2. Wear a cloth face covering your nose and mouth or a face mask.
3. Wash Hands frequently for a minimum of 20 seconds.

