



## DAILY HEALTH CHECK

### 1. PERSONAL & COMMUNITY SAFETY CHECK

We can help protect the community by practicing healthy behaviors that decrease the risk of getting COVID-19. COVID-19 is commonly transmitted in homes. We successfully make our communities safer when:



We wear face coverings at school and outside the home.



We avoid inviting people into the home, other than those who need to be there.



We minimize close physical contact, which increases your exposure to the virus. (Close physical contact is being next to anyone less than 6 feet away for more than 15 minutes. People who don't have symptoms can still transmit the virus.)

Our goal is to have everyone back to school as safely as possible.

**Do you agree to commit to the safest behaviors possible and in so doing, keeping the schools safer?**

### 2. WELLNESS & EXPOSURE CHECK

Do you agree to the statements below? Please respond as accurately and honestly as possible.

I am feeling well. I have not had any of the symptoms below in the past 14 days.



Fever of 100 degrees or greater



Shortness of breath or difficulty breathing



Chills



Fatigue (new or severe)

Any of the following not due to a chronic condition

- Cough
- Congestion or Runny Nose
- Muscle or body aches
- Headache
- Sore throat
- Nausea/Vomiting
- Diarrhea
- Loss of taste or smell



I have **not** been in close physical contact with anyone with these symptoms, or a COVID-19 case, in the past 14 days.

I have not been informed by my medical provider that I have COVID-19 in the past 14 days.

I have not had a positive test result in the past 14 days.

I am not currently under a quarantine or isolation order.

I have not traveled outside of Southern California in the past 10 days.

I have been as safe as possible.

If you “disagree” with any of the above, you will not be allowed to enter a school or District office and you can schedule a COVID-19 test if you are an employee or student at <https://dailypass.lausd.net>.