

# Daily Health Assessment Checklist

To protect the health and safety of others, all Butler Tech students and staff members are required to perform the following daily health check prior to coming to school.

**If you have any of the symptoms listed below that cannot be attributed to another health condition, you are advised to stay home.**

All students and staff are required to check their temperature at home before coming to school or getting on the bus. If your temperature is above 100.4 degrees, you must stay home until you are fever free **for at least 24 hours** without the help of medication.

- SYMPTOMS**
- ☐ Fever
  - ☐ Cough
  - ☐ Chills
  - ☐ Fatigue
  - ☐ Muscle/body aches
  - ☐ Headache
  - ☐ Sore throat
  - ☐ Congestion
  - ☐ Runny nose
  - ☐ Nausea
  - ☐ Diarrhea
  - ☐ Shortness of breath
  - ☐ Loss of taste or smell

## COVID-19 Symptoms

Many symptoms of COVID-19 are similar to other common illnesses and seasonal allergies, and you can have the virus without having a fever. If any of these symptoms start new or suddenly, please stay at home from school and monitor the symptoms.

## Keep Yourself & Others Healthy

- Conduct the Daily Health Assessment Checklist prior to coming to school
- Stay home if you are sick; test if you have COVID-19 symptoms; Please continue to follow your campus' absence process. Additional questions email: [ButlerTechNurse@ButlerTech.org](mailto:ButlerTechNurse@ButlerTech.org)
- Stay home 5 days AFTER your symptoms started or 5 days after a POSITIVE test, if asymptomatic
- If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5
- Following isolation, the recommendation is to wear a mask for 5 more days
- If exposed, wearing a mask for 10 days is recommended; test on day 5 after exposure.

**Wash your hands to stay healthy & prevent the spread of infections.**

Visit our website at: [ButlerTech.org](https://ButlerTech.org) for the most recent updates.

