

COVID-19 RESOURCE CENTER FOR FAMILIES

POWERED BY CHILDREN'S HOSPITAL & MEDICAL CENTER AND KOHL'S CARES



KOHL'S ♥ Cares

STUDENT HEALTH SCREENING CHECKLIST

This COVID-19 symptom checklist can help you quickly determine if your student is well enough to go to school each day. Detach this insert and post it in a visible place where you will be able to review it with your child before leaving home for school.

1 DOES YOUR CHILD HAVE ANY OF THE FOLLOWING SYMPTOMS?

- Fever (of 100.4 degrees or higher) or chills
- Fatigue, muscle or body aches
- Cough, shortness of breath or difficulty breathing
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting or diarrhea

2 HAS YOUR CHILD BEEN:

- Around anyone diagnosed with COVID-19?
- Around anyone with symptoms of COVID-19?
- Directed to self-isolate due to symptoms of COVID-19?

YES

If the answer is YES

to **ANY** of the questions or symptoms above, your child should stay home and you should call your pediatrician or family physician for further guidance. You can also call **Children's COVID Help Line at 402.955.3200.**

NO

If the answer is NO

to **ALL** of the questions and symptoms above, **it's time for school!**

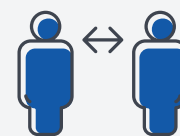
REMIND YOUR STUDENT TO PRACTICE THESE SAFETY MEASURES AT SCHOOL AND IN THE COMMUNITY.



Wear a mask or face covering at school.



Wash and sanitize their hands frequently.



Keep a safe, 6-foot distance from others as much as possible.

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Designed to help your family stay safe and healthy throughout the COVID-19 pandemic, the COVID-19 Resource Center for Families, powered by Children's and Kohl's Cares, offers practical guidance and expertise from Children's team of pediatric experts.

Visit ChildrensOmaha.org/COVID for videos, podcasts, articles and more about:

- Back to school safety
- Preparing your child for a COVID-19 test
- What you need to know if your child is immunocompromised
- Supporting your child's mental health
- Multi-System Inflammatory Syndrome in children
- And other relevant, timely topics involving COVID-19 and your child's health

PROTECT YOUR FAMILY & PREVENT THE SPREAD

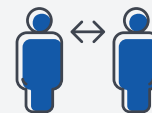
The best method to avoid COVID-19 in our community is prevention.
Protect your family from COVID-19 using measures like:



Wearing a mask or face covering
(recommended for all children over age 2)



Frequent handwashing &
disinfecting of surfaces



Social distancing

COVID-19 symptoms are similar in both children and adults, and may appear from 2 to 14 days after a person is exposed to the virus. They include:

- Fever of ≥ 100.4
- Cough
- Chills
- Sore throat
- Shortness of breath or difficulty breathing
- Loss of taste or smell
- Fatigue, muscle or body aches
- Headache
- Congestion or runny nose
- Nausea, vomiting or diarrhea

Screen for symptoms with Children's Online Symptom Checker at ChildrensOmaha.org/Symptoms

If your child is experiencing symptoms or has been exposed to COVID-19, please call your pediatrician or
CHILDREN'S COVID-19 HELP LINE AT 402-955-3200.