



2021-2022 Bedford Public Schools Daily Screening Checklist for Students and Staff (updated Feb 2022)

**Students and staff who are sick should stay home.
Monitor for the following symptoms each morning before school:**

COVID- 19 Symptoms list:

- ☐ Fever (100.0 degrees Fahrenheit or higher), chills, or shaking chills
- ☐ Difficulty breathing or shortness of breath
- ☐ New loss of taste or smell
- ☐ Muscle aches or body aches
- ☐ Cough (not due to other known cause, such as chronic cough)
- ☐ sore throat, *when in combination with other symptoms*
- ☐ Nausea, vomiting, or diarrhea *when in combination with other symptoms*
- ☐ Headache *when in combination with other symptoms*
- ☐ Fatigue, *when in combination with other symptoms*
- ☐ Nasal congestion or runny nose (not due to other known causes such as allergies)
when in combination with other symptoms

Please be advised that symptoms may be VERY MILD and *any* symptom of a head cold, sore throat or headache, should not be ignored and should be tested.

Symptomatic Individuals may return to school after they:

- Have improvement in symptoms
- Have been without fever for at least 24 hours without use of fever-reducing medications.
- Have received a negative PCR or antigen test result for COVID-19. An antigen test may be self administered and does not need to be proctored or administered by a healthcare professional.

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If an individual tests positive for COVID-19, they may return to schools as long as:

- Been without fever for 24 hours without taking fever-reducing medications
- Have improvement of symptoms
- Following the day 5 isolation period, individuals must mask for 5 additional days when around others, other than eating, drinking or outside.
- Please be sure to call your child's primary care provider to report the positive result.
- Student athletes need a phone triage and/or in person evaluation by their primary care provider prior to returning to sports.

Please report all cases of COVID-19 (both home tests and tests from a healthcare provider) to your child's school COVID email:

daviscovid@bedfordps.org

lanecovid@bedfordps.org

jgmscovid@bedfordps.org

bhscovd@bedfordps.org