



# Daily Wellness Check

**WE NEED YOUR HELP!**

HIDOE employees, contracted service providers, visitors and students must complete a wellness check each morning before going to school or work if fully vaccinated or not. Please report any illness or COVID-19 exposure to the school or supervisor.



## CHECK FOR COVID-19-LIKE SYMPTOMS OF ILLNESS

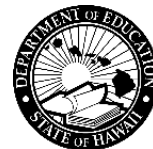
If any symptoms of illness are present,  
**do not go to school or work.**

- Fever (higher than 100°F or hot to the touch)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Anyone with COVID-19 symptoms, even mild symptoms, should stay home from school, work and other activities. Those with symptoms who have not been tested should be tested as soon as possible.

**HELP US TO KEEP OUR SCHOOLS  
HEALTHY AND SAFE!**

## Return to School/Work Criteria School Year 2022-2023



If someone develops symptoms of COVID-19 or receives a positive COVID-19 test result at school, they will be sent home immediately. If exposed to someone with COVID-19, continue to go to school/work unless symptoms develop. For individuals with symptoms of COVID-19 or exposure, a self-test may be provided by the school to take home – use of the self-test is recommended, but it is not required, and may be kept at home for future use.

Date <small>(mm/dd/yyyy)</small>	First and Last Name	Grade

Symptoms of COVID-19 were observed (check all that apply):

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Fever (100° or higher) | <input type="checkbox"/> Headache                   | <input type="checkbox"/> Nausea or vomiting                        |
| <input type="checkbox"/> Chills                 | <input type="checkbox"/> New loss of taste or smell | <input type="checkbox"/> Diarrhea                                  |
| <input type="checkbox"/> Cough                  | <input type="checkbox"/> Congestion or runny nose   | <input type="checkbox"/> Fatigue                                   |
| <input type="checkbox"/> Sore throat            | <input type="checkbox"/> Muscle or body aches       | <input type="checkbox"/> Shortness of breath; difficulty breathing |

A positive COVID-19 test result was received. The test was conducted on \_\_\_\_\_.  
(mm/dd/yyyy)

<b>Someone with Symptoms of COVID-19 or a Positive COVID-19 Test</b> Must meet ALL criteria in ONE of these columns		
Isolate for 5 days	Negative Test	Doctor's Note
<ul style="list-style-type: none"> <li>At least 5 days have passed. Day 0 = symptoms onset or test date.</li> </ul> <p style="margin: 10px 0;"><b>Return no sooner than Day 6 = _____</b></p> <ul style="list-style-type: none"> <li>24 hours of no fever without fever-reducing medications.</li> <li>Symptoms are improving. If fever or symptoms are not improving, remain in isolation through day 10 and consult a healthcare provider.</li> <li>Wear a well-fitted mask around others indoors from day 6 to day 10.</li> </ul>	<ul style="list-style-type: none"> <li>Use a COVID-19 test that is approved by the FDA; this includes most self-tests.</li> <li>24 hours of no fever without fever-reducing medications.</li> <li>Symptoms are improving. If fever or symptoms are not improving and you used a self-test, remain in isolation and test again after 24-48 hours.</li> </ul> <p style="margin-top: 20px;">Note: The parent/legal guardian may verbally attest to the negative COVID-19 test result; documentation not required.</p>	<ul style="list-style-type: none"> <li>For chronic symptoms due to another health condition (e.g., asthma or allergies), get a signed note from a licensed medical provider.</li> <li>Isolation is not required unless there are new or worsening symptoms or test positive for COVID-19.</li> </ul>

**Someone with Potential or Known Exposure to COVID-19**  
Regardless of Vaccination Status

- Continue to go to school/work if **NO** symptoms.
- Wear a well-fitted mask indoors for 10 days after exposure. Day 0 is the last day of exposure.
- Watch for symptoms.
  - If symptoms start, isolate immediately.
  - Test for COVID-19 and stay home until you know the test result.
- Test on **day 6**, even if no symptoms, unless tested positive for COVID-19 in the last 30 days.

If you have questions about your or your child's health, please consult a healthcare provider. If you do not have a primary care provider, please see the following options.

- Hawai'i Keiki Health Hotline and Telehealth Services are free for HIDOE students by calling (844) 436-3888, Monday through Friday, from 8:00 a.m. - 3:00 p.m., excluding holidays and breaks. Translation services are available.
- Community health centers serve all patients regardless of their ability to pay or health insurance status. Find a health center near you at [hawaiipca.net/health-centers-here-for-you](https://hawaiipca.net/health-centers-here-for-you).