



## DCG COVID-19 Wellness Screener

The following process has been created in consultation with the Polk and Dallas County Health Departments and should be used by all DCG families and staff during the 2020-21 school year.

**Directions:** DCG families and staff are asked to use the following process to identify if they are ill and/or experiencing COVID-19 symptoms.

**Step 1:** Families and staff should identify a “baseline” of health. This includes asking questions such as:

- How do I normally feel this time of year?
- Do I typically have a cough or sore throat this time of year due to allergies or other known medical conditions?
- Do I typically experience shortness of breath this time of year due to asthma or other known medical conditions?

**Step 2:** Families and staff should compare their current health status to their “baseline of health”. This includes asking questions such as:

- Do I feel ill?
  - If yes or if questioning, the individual should not be in the school setting and should contact their health provider.
- Do I have a fever of 100.4 or greater?
  - If yes, the individual should not be in the school setting and should contact their health provider. The individual must be without symptoms for 24 hours before returning to school and be fever free without the aid of fever reducing medication.
- Do I have diarrhea or am I vomiting?
  - If yes, the individual should not be in the school setting and should contact their health provider. The individual must be without symptoms for 24 hours before returning to school.
- Do I have Strep Throat?
  - If yes, the individual should not be in the school setting and should contact their health provider. The individual must receive 24 hours of antibiotic treatment before returning to school.
- Do I believe that I have symptoms of COVID-19?
  - If yes, the individual should not be in the school setting, should complete step 3 and should contact their provider.

**Step 3:** Families and staff that feel ill should compare their current health status, to their “baseline of health” to identify if they are experiencing COVID-19 symptoms:

- Am I experiencing a cough that is not related to allergies or another known medical condition?
  - If yes, self-quarantine for 10 days since the onset of symptoms and contact your health provider.
- Am I experiencing shortness of breath that is not normal for this time of year?
  - If yes, self-quarantine for 10 days since the onset of symptoms and contact your health provider. The individual must be without symptoms for 24 hours before returning to school and be fever free without the aid of fever reducing medication.

**Step 4:** Families and staff that feel ill should compare their current health status, to their “baseline of health” to identify if they are experiencing COVID-19 symptoms:

- Am I experiencing any two of the following symptoms:
  - Fever
  - Chills
  - Shaking With Chills
  - Muscle Pain
  - Headache
  - Sore Throat
  - New Loss of Taste or Smell
- If yes to two or more symptoms above, self-quarantine for 10 days since the onset of symptoms and contact your health provider.