Daily Tips Before You Leave for School

How are you feeling? Symptoms include:

- Cough
- Fever (100.4 degrees or higher)
- Chills
- Achy muscles
- Trouble breathing
- Headache
- Runny nose
- Sore throat
- Difficulty tasting or smelling
- Nausea, vomiting or diarrhea

Use your school district’s screening tool or a symptom checker, like covid19symptomchecker.spectrumhealth.org. Check with your local health department for the full list of COVID-19 symptoms.

I have symptoms, not feeling great.

Do you have your mask or face covering?

- Make sure it’s been washed, or bring a fresh one.
- Bring a paper bag with your name on it to store during lunch or activities where you don’t need a mask.

If you have symptoms*

- Don’t come to school.
- Call your doctor. You can also schedule a free screening through the Spectrum Health COVID-19 hotline at 833.559.0659.
- Check testing locations and other resources, including michigan.gov/coronavirus or spectrumhealth.org/covid19.
- Follow your school district’s attendance policy.

Bring these supplies in your backpack

- Extra mask or face covering
- Pocket-size bottle of hand sanitizer
- Your own water bottle with your name on it

* Or if you have been in close contact with someone who has tested positive.

Review these important basics

- Wash your hands often with soap and water.
- Use hand sanitizer when you can’t use soap and water.
- Stay at least 6 feet apart.
- Wear a face covering or mask over your nose and mouth.
- Cover your cough or sneeze with a tissue or your elbow.
- Don’t touch your face.
- Don’t share food, supplies or your water bottle.
- Stay home when you’re sick, except to go to the doctor.

Make sure vaccines are up to date before school starts and get your flu shot.

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