

# Daily Tips Before You Leave for School



No symptoms, I feel great!

## 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](https://covid19symptomchecker.spectrumhealth.org). Check with your local health department for the full list of COVID-19 symptoms.

I have symptoms, not feeling great.

## 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](https://michigan.gov/coronavirus) or [spectrumhealth.org/covid19](https://spectrumhealth.org/covid19).
- Follow your school district's attendance policy.

## 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.

## 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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