Daily Tips Before Working at 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.

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 process on whom to notify.

* 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.

Disclaimer - The information provided is for informational purposes only and is not intended for direct diagnostic use without review and oversight by a clinical professional. No physician-patient relationship is created by use of this information. Given the fluidity of the COVID pandemic, this information is likely to change and Spectrum Health does not warrant the accuracy or completeness of the information. Spectrum Health assumes no liability arising out of or related to any use, or misuse, of the information.

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