

# Student, Staff and Visitor Daily Health Screening

Rev. 2-23-2022

To protect the health and safety of others, all NNPS students, staff members and visitors are expected to perform the following daily health check before coming to school or work.

## Symptoms

Everyone, regardless of vaccination status, who is experiencing any of the following symptoms, must **STAY HOME FOR 5 DAYS** after symptoms begin:

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|---|--|
| <input type="checkbox"/> Temperature of 100° F or higher                | <input type="checkbox"/> Sore throat                                   |
| <input type="checkbox"/> Cough/shortness of breath/difficulty breathing | <input type="checkbox"/> Congestion or runny nose                      |
| <input type="checkbox"/> Chills   | <input type="checkbox"/> Diarrhea, nausea, vomiting, or abdominal pain |
| <input type="checkbox"/> Fatigue  | <input type="checkbox"/> New loss of taste or smell                    |
| <input type="checkbox"/> Muscle/Body aches                              | <input type="checkbox"/> Poor feeding/loss of appetite in children     |
| <input type="checkbox"/> Headache                                       |  |

Individuals who choose to test for COVID-19 and/or see a medical provider may return sooner after providing proof of a negative test, alternative diagnosis or note from the provider indicating they are cleared to return, provided symptoms are improving and the individual has been fever free for 24 hours without the use of fever-reducing medications.

## Pending or Positive COVID-19 Test Results

Everyone, regardless of vaccination status, who has any COVID-19 symptom and has been tested for COVID-19, must **STAY HOME until results are received**. For positive test results, individuals must **STAY HOME FOR 5 DAYS**. The Virginia Department of Health (VDH) recommends wearing a mask on days 6-10. If a student is unwilling to wear a mask on days 6-10, a full 10 day isolation is recommended.








## Individuals with Potential COVID-19 Exposure/Close Contact

- ➔ **No quarantine is required for individuals who are up-to-date on COVID-19 vaccinations or have had COVID-19 within the last 90 days.**
- ➔ **Individuals who are NOT up-to-date on COVID-19 vaccinations or have NOT had COVID-19 in the last 90 days**, and have had close contact with anyone who tested positive for COVID-19 must **STAY HOME** and quarantine for 5 days beginning the day after close contact. They may return on day 6 if symptoms have not developed. The VDH recommends wearing a mask on days 6-10. If a student is unwilling to wear a mask on days 6-10, a full 10 day quarantine is recommended.

### Are you up-to-date on COVID-9 vaccinations?

Vaccine Brand	Pfizer-BioNTech	Pfizer-BioNTech	Moderna	Johnson & Johnson
Ages	5-11	12+	18+	18+
How many shots are needed?	Two shots, 21-42 days apart	Two shots, 21-42 days apart	Two shots, 28-42 days apart	One shot
When is a booster dose needed?	Not at this time	5 months after the primary series	5 months after the primary series	2 months after the shot

## Tips for Returning to School and Work Safely

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|  Get vaccinated for COVID-19. When eligible, get boosted.  |  Practice appropriate mask use. Staff and volunteers are required to wear masks at all times.   |
|  Allow time each morning to complete the Daily Health Screening above.   |  Practice hand hygiene. Make proper handwashing a frequent part of the daily routine (at least 20 seconds washing the front and back of each hand and between fingers.) |
|  Use the same thermometer on the same spot each day for consistency. When using an oral thermometer, avoid food or drinks for at least 15 minutes prior. |  Purchase reusable water bottles. Schools will only have water-refilling stations operating, not water fountains.   |
|  Practice distancing.  |  |