

Updated: April 7, 2021

Each day before reporting to work, review this COVID-19 Daily Self Check.

**Section 1: Symptoms**

Any of the symptoms below could indicate a COVID-19 infection and may put you at risk for spreading illness to others. Please note that this list does not include all possible symptoms and staff with COVID-19 may experience any, all, or none of these symptoms. Please check yourself daily for these symptoms:

<b>Column A</b>	<b>Column B</b>
Fever (100.4)	Cough
Chills	Shortness of Breath
Rigors (shivers)	Difficulty Breathing
Myalgia (muscle aches)	New loss of smell
Headache	New loss of taste
Sore Throat	
Nausea or Vomiting	
Diarrhea	
Fatigue	
Congestion or runny nose	

If **TWO OR MORE** of the fields in **Column A** pertain to you OR **AT LEAST ONE** field in **column B** pertain to you, **STAY HOME, and follow steps 1-4:**

1. Call or Email your supervisor;
2. Email the school nurse’s office at [lzipparo@capemaytech.com](mailto:lzipparo@capemaytech.com) ;
3. Enter your absence in Frontline;
4. Follow district procedures that can be found on district website under Staff Resources.

**Section 2: Close Contact/Potential Exposure**

**If you have had Exposure or Close Contact to a COVID-19 positive person,** stay home and quarantine for 14 days. [Exposure/Close Contact is defined as within 6 feet or closer for 15 minutes within a 24-hour period with a COVID-19 positive person].

**If someone in your household is diagnosed with COVID-19,** stay home and quarantine for 14-24 days as instructed by the Cape May County Health Department Contact Tracer.

**Section 3: Positive COVID-19 test:**

**If you test positive for COVID-19,** isolate for 10 days from the date symptoms started. If there were no symptoms, begin 10-day isolation from the date of the test.

**Section 4: Domestic Travel Out-of-State**

**If fully vaccinated,** no quarantine or testing required (unless required by destination)  
**If fully clinically recovered from COVID-19 in past 3 months,** no quarantine or testing required.  
**If not fully vaccinated,** quarantine for 10 days and monitor yourself for symptoms.  
Consider getting tested for COVID-19 (three to five days from your return date).

Contact your healthcare provider or local health department for further guidance.

Follow steps 1-4 above.