

Mt. SAC Child Development Center

Daily Health Checks at Home

It's important for families and teaching staff to work together to ensure that we are all staying as safe as possible during the COVID-19 pandemic. In conjunction with the daily health checks at school, we are asking that parents conduct a daily health check at home before bringing their child to school.

This handout is intended to be used as a guide for daily health checks at home.

Step 1: Check your child for the following COVID-19 related symptoms before coming to the center:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Step 2: Check for Potential Exposures such as:

- If your child had **close contact*** with a COVID-19 positive person within the past 2 weeks or sooner.
- If someone in the household is experiencing COVID-19 related symptoms
- If someone in the household recently tested positive for COVID-19

Your child is not exhibiting any COVID-19 related symptoms and your child has not had a potential exposure

Your child is ready to attend school!

Your child is experiencing symptoms that may not be related to COVID-19

Please keep your child home. Reference Exclusion Policy in Parent Handbook and contact CDC Administration for more information.

Your child is experiencing symptoms related to COVID-19 or had a potential exposure

STOP!
Please keep your child home and contact CDC Administration. Do not bring your child to school even if symptoms are mild.