

Mountain Lake Christian School

2020-2021 Daily Health Assessment

Please do the following every morning before school!

FIRST, take your temperature

If you/your child's temperature are 100.4 degrees or more you/they may **not** come to campus.

SECOND, check for any of the following symptoms

In the past 14 days, if you have experienced the **onset, worsening, or haven't recovered** from any **ONE** of the following symptoms listed below, you **may not** come on campus.

HIGH RISK SYMPTOMS	
Fever greater than 100F	Loss of taste and/or smell
Combined Fever & Body Aches	Combined Cough & Difficulty Breathing
Nausea	Diarrhea

In the past 14 days, have you experienced the **onset, worsening, or haven't recovered** from any **TWO** of the following symptoms listed below, you may not come on campus.

LOW RISK SYMPTOMS	
New or worsening headache	Nasal congestion or runny nose
Fatigue	Body Aches
Cough	Sore Throat

If you have been sick, you will need to follow the "Process for Return to In-School Instructions" listed on the **BACK** of this sheet to return to campus.

*Information current as of 8/26/20. Guidelines subject to COVID-19 changes.

PROCESS FOR RETURNING TO IN-SCHOOL INSTRUCTION

<p>Person was . . .</p> <p>SICK (but <u>NOT</u> with COVID-19)</p>	<p>Person RETURNS to school when. . .</p> <p>Symptom FREE for 24 hours (without medications)</p>
<p>Person was. . .</p> <p>DIAGNOSED and/or has a POSITIVE COVID-19 TEST</p> <p>or</p> <p>DESIGNATED as a CLOSE CONTACT by a Health Department</p>	<p>Person RETURNS to school when. . .</p> <ol style="list-style-type: none">1. Symptom FREE for 24 hours (without medications) <p>and</p> <ol style="list-style-type: none">2. Must have a written note from: A health department of the county they reside in or a doctor's note.

If you have questions, please contact the MLC office at 507-427-2010 or info@gomlc.org