

# Daily Student COVID-19 Symptom Screener for In-School Students

Covid or otherwise, illness decreases a student's ability to learn and puts them at risk for spreading illness to others.

Check in with your child each morning for signs of illness.

- Fever (100.4 or greater) or chills
- New loss of taste or smell
- New uncontrolled cough that causes difficulty breathing (students with chronic allergic/asthmatic cough, a change in cough from usual)
- Shortness of breath or difficulty breathing
- Severe headache
- Unusual fatigue
- Sore throat
- Significant muscle pain or body aches
- Diarrhea
- Nausea or vomiting
- Close contact with someone diagnosed with COVID-19 within the last 2 weeks (longer than 15 minutes without a mask)

Contact Nurse Edna Robinson at 817-732-8372 or [edna.robinson@mytesa.org](mailto:edna.robinson@mytesa.org) if your child is presumed or confirmed with COVID-19.

### ***In School Learning: Actions to Take***

Contact Nurse Edna Robinson at 817-732-8372 or [edna.robinson@mytesa.org](mailto:edna.robinson@mytesa.org) if your child is presumed or confirmed with COVID-19 illness.

Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. Contact your primary care doctor for next steps.

Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions. This is especially important this year because we do not yet know if being sick with COVID-19 at the same time as the flu will result in more severe illness.

Review and practice proper hand washing techniques at home (washing for at least 20 seconds), especially before and after eating, sneezing, coughing, and wearing and adjusting a face covering or mask.

Pack a water bottle, ready to eat lunch, and snacks for your child each day.

Develop daily routines before and after school - for example, things to pack for school in the morning (like hand sanitizer and additional (back up) face coverings/masks) and things to do when you return home (like washing hands immediately and washing worn face coverings).

Talk to your child about precautions to take at school. Children may be advised to:

- Wash and sanitize their hands more often.
- Keep physical distance from other students.
- Wear a cloth face covering.
- Keep extra masks in a backpack.
- Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books.
- Use hand sanitizer
- Monitor how they feel and tell an adult if they are not feeling well.

Make sure your emergency contact information is updated with the front office. Contact Cynthia Rey at [cynthia.rey@mytesa.org](mailto:cynthia.rey@mytesa.org) to update parent contact information.

## How to wear cloth face coverings

### WEAR YOUR CLOTH FACE COVERING CORRECTLY

- Wash your hands before putting on your cloth face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



### WEAR A CLOTH FACE COVERING TO PROTECT OTHERS

- Wear a cloth face covering that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
- Wear a cloth face covering in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a cloth face covering correctly for maximum protection
- Don't put the cloth face covering around your neck or up on your forehead
- Don't touch the cloth face covering, and, if you do, wash your hands or use hand sanitizer to disinfect

Mental Health and Social-Emotional Wellbeing Considerations

<b><i>Actions to take and points to consider</i></b>	<b><i>Notes</i></b>
Talk to your child about how school will look different (e.g. desks far apart from each other, teachers maintaining physical distance, staying in the classroom to each lunch, some students remaining at home for At-Home Learning, etc.)	
Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal	
Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with stress and anxiety.	
Stay informed about what is happening at school by reading the weekly Principal and teacher newsletters, watching FaceBook Live broadcasts, etc.	
Contact our counselor ( <a href="mailto:amy.may@mytesa.org">amy.may@mytesa.org</a> ) for more resources or if they can help and support your student socially and emotionally.	