

BPS Student At Home Health Checklist



Daily Health Screening

BPS families must monitor their children for symptoms of COVID-19 every day before school. Some symptoms of COVID-19 are the same as the flu or a bad cold; please do not assume it is another condition. When in doubt, **stay home** and call your primary care provider. **YOUR CHILD MUST STAY HOME** if your child or anyone in the home has any of the symptoms listed below:

- Fever (100.0°F or higher without fever reducing medicine), chills, or shaking chills
 - Cough (**not due to other known cause, such as asthma or allergies**)
 - Difficulty breathing or shortness of breath
 - New loss of taste or smell
 - Sore throat
 - Headache (*when in combination with other symptoms*)
 - Muscle aches or body aches
 - Nausea, vomiting, or diarrhea
 - Fatigue (*when in combination with other symptoms*)
 - Nasal congestion or runny nose (*when in combination with other symptoms*)
(not due to other known causes, such as allergies)
- OR
- If your child is in contact with a household member who has a positive COVID-19 diagnosis who has not yet been cleared from isolation by the Boston Public Health Commission.

Any student that is a close contact of a COVID-19 positive person, must stay home from school and quarantine for 14 days from the date of the last interaction with that person. Contact your primary care provider, the Boston Public Health Commission or your school nurse for further guidance.

If your child has any symptoms:

- they must remain home and be evaluated by their primary care provider to consider testing for COVID-19.
- parents/guardians must report the absence to the school administration and school nurse, noting if the absence is COVID-19 related.
- inform the school nurse of the medical provider's recommendations, in writing, before returning to school.

BPS Student At Home Health Checklist



Testing Procedure

- Call your child's primary care physician, local community health center, or local COVID-19 testing site. A list of test sites across Massachusetts is available at [mass.gov/info-details/about-covid-19-testing](https://www.mass.gov/info-details/about-covid-19-testing) and test sites throughout Boston can be found at [boston.gov/departments/public-health-commission/map-covid-19-testing-sites](https://www.boston.gov/departments/public-health-commission/map-covid-19-testing-sites). Some sites may require a pre-screening, referral, and/or appointment.
- Call your child's school nurse for help. Every school will have a list of available test sites for children and families.
- If your child tests positive for COVID-19, report this information to your school nurse and follow the CDC recommendations for isolation.
- If your child is not tested for COVID-19, written documentation from a medical provider will be required in order for your child to return to school.

Out of State or Country Travel:

All travelers arriving in Massachusetts – including Massachusetts residents returning home – are currently required to self-quarantine for 14 days. There are exceptions to the **current order**: travelers from a small list of close or adjacent states arriving in Massachusetts are exempt from this directive and need not quarantine for 14 days. Please refer to the [Mass.gov](https://www.mass.gov) website for the most up-to-date information related to the Governor's travel restrictions.