

Below is a **self-check survey** built on guidance from the Maine Department of Education Safety Guidelines for School Administrative Units as well as the Maine Department of Health and Human Services.

Please ask yourself and your child these questions before entering the school lot. A staff member will take your child's temperature before admittance into the building.

1. Do I feel unwell today, with any of the specified **symptoms*** listed below?
2. Have I been around anyone exhibiting these **symptoms*** within the past 14 days?
3. Have I been living with anyone who is sick or quarantined?
4. Take temperature: is it 37.8 C/100 F or higher?

If the answer is yes to any of the questions, your student must stay home. You are encouraged to reach out to a healthcare professional for follow-up steps, potential COVID-19 testing, or recommendations for when to return to school.

*** Fever (body temperature above 100° Fahrenheit) or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose (only in conjunction with other symptoms), Nausea or vomiting, or Diarrhea**