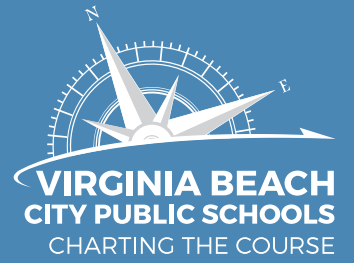


COVID-19 SELF-SCREENING QUESTIONS

Please ask yourself the following questions **BEFORE** entering a VBCPS school or building:



1

Are you experiencing any of the following symptoms that cannot be attributed to another health condition?

- Fever 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
- Nausea or vomiting
- Diarrhea

If you answered **YES** to any of these questions, you *should not* enter the building.

2

Have you taken medication to lower your temperature in the past 24 hours?

EMPLOYEES

If you answered **YES** before reporting to work, please stay home and contact your supervisor.

3

Have you been in close contact with anyone in the last 14 days who has been sick with COVID-19?

P R O T E C T Y O U R S E L F A N D O T H E R S

Know how COVID-19 is spread	Practice social distancing	Prevent the spread of COVID-19	Know your risk for severe illness	Practice proper hygiene
<p>COVID-19 is primarily spread from person to person. You can become infected by coming into close contact with a person who has the virus.</p> <p>The virus can transmit through respiratory droplets when an infected person coughs, sneezes, or talks.</p> <p>You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose or eyes.</p>	<p>Complete activities online whenever possible.</p> <p>If you must go in person, stay at least six feet away from others and disinfect items you must touch.</p> <p>Get deliveries and takeout, and limit in-person contact as much as possible.</p>	<p>Stay home if you are sick, except to get medical care.</p> <p>Avoid public transportation, ride-sharing, school busses or taxis.</p> <p>Separate yourself from other people and pets in your home.</p> <p>If you need medical attention, call ahead.</p>	<p>Everyone is at risk of getting COVID-19.</p> <p>Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.</p> <p>Those who have traveled, either domestically or internationally, are at risk of being exposed to the virus. Upon returning from travel, monitor your health, practice social distancing, and follow state and local recommendations.</p>	<p>The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.</p> <p>Stay home when possible and avoid close contact with others.</p> <p>Wear a face covering that covers your nose and mouth in public settings.</p> <p>Clean and disinfect frequently touched surfaces.</p> <p>Wash your hands often or use an alcohol based hand sanitizer.</p>