

# Daily Symptom Tracker

Use this visual checklist each day and if your child is experiencing any of these symptoms, please consider keeping them home.

Check  
temperature!



If your child has a temperature of 100.4 or higher, please do not send them to school.

Uncontrolled  
cough



Shortness of  
breath or  
difficulty  
breathing



Fatigue



Muscle  
or body  
aches



Severe  
headache,  
especially  
with fever



New loss  
of taste  
or smell



Sore  
throat



Congestion  
or runny  
nose



Nausea or  
vomiting



Diarrhea



If they had close contact  
(within 6 ft for at least 15  
minutes) with a person  
with confirmed COVID-19.

