



Stoneham Public Schools COVID-19 Daily Self Checklist

Review this COVID-19 Daily Self Checklist each day before coming to school.

Contact your school nurse if you have any questions regarding symptoms.

If you reply YES to any of the questions below, STAY HOME and contact your doctor.

- ☐ Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- ☐ Difficulty breathing or shortness of breath
- ☐ New loss of taste or smell
- ☐ Muscle aches or body aches
- ☐ Cough (not due to other known cause, such as chronic cough)
- ☐ Sore throat, when in combination with other symptoms
- ☐ Nausea, vomiting, or diarrhea when in combination with other symptoms
- ☐ Headache when in combination with other symptoms
- ☐ Fatigue, when in combination with other symptoms
- ☐ Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

Please contact your school nurse if you are absent due to any symptom on the checklist:

Colonial Park School 781-279-3890

South School 781-279-3880

Robin Hood School 781-279-3870

Central Middle School 781-279-3840

Stoneham High School 781-279-3810