



## **GUIDELINES FOR MONITORING/OBSERVING OTHERS FOR COVID-19 SYMPTOMS**

Teachers and staff are encouraged to observe students throughout the school day for COVID-19 symptoms. While not all illnesses or symptoms may be related to COVID-19, we encourage you to be proactive and report any student or staff who appears ill to the School Nurse.

- Approach the person with sensitivity and introduce who you are and why you're speaking to them.
- Let them know that what your discussing is confidential and will not be shared broadly
- Have a reference of some kind that they can Reference so they do not think this is your "personal opinion"
- If it is a student introduce yourself and ask their first name before jumping right into your concern
- I am seeing these types of symptoms (insert symptoms), how are you feeling?
- Remember, It is not your job to diagnose
- Encourage them to go to the school nurse or offer to call the school nurse on your behalf

People with COVID-19 have reported a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People may experience the following symptoms:

- 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, Vomiting or diarrhea

## **When to Seek Emergency Medical Attention**

Look for **emergency warning signs** for COVID-19. If someone is showing any of these signs, seek **emergency medical care immediately**:

- **Trouble breathing**
- **Persistent pain or pressure in the chest**
- **New confusion**
- **Inability to wake or stay awake**
- **Bluish lips or face**

**Call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19**