

DAILY ILLNESS SELF-SCREENING CHECKLIST

Individuals working, attending, and volunteering in PPS will be required to self-screen daily for symptoms of illness before entering district property or using district transportation. We ask that parents/ guardians use this checklist at home with your student(s) before sending them to school.

As of March 12, 2022 quarantine for exposed individuals who remain asymptomatic is no longer required in K-12 settings, regardless of vaccination status. All individuals should continue to monitor themselves for symptoms daily and report to their supervisor or school if excludable symptoms develop or they test positive for COVID-19.

Isolate at Home if Student/Staff test positive for COVID-19

Report to supervisor or school

Exposure to COVID-19:

If staff/student have been notified they have been exposed to COVID-19:

- **Require** isolation at home for 5 days for anyone who tests positive.
- **Recommend** wearing a mask for 10 days after the last date of exposure and seek testing at least 5 days after exposure, regardless of symptoms.

Excludable Symptoms

**Indicates specific COVID-19 symptoms that require exclusion*

Stay home for any of the following symptoms that require exclusion, consult your healthcare provider and report to supervisor or school for further guidance.

For excludable COVID-19 symptoms* seek testing if symptoms last for more than 24 hours.

- Fever* (temperature of 100.4°F or higher) or chills
- A new or worsening cough* that interferes with participation in usual school activities.
- Unexplained difficulty breathing or shortness of breath*
- New loss of taste or smell*
- Vomiting, at least one episode that is unexplained
- Diarrhea, sudden onset, inability to control bowels or three or more watery or loose stools in a 24 hour period.

*For information about exclusion see the Oregon Department of Education and the Oregon Health Authority guides: [ODE/OHA Communicable Disease Guidance for the School Setting](#)

Non-Excludable Symptoms

If the symptoms below are mild and do not impede your ability to learn or work you may continue to go to school or work.

If symptoms persist for more than one day, seek evaluation by a healthcare provider to determine if testing is advised, and mask in school/work.

- Sore throat
- Headache
- Fatigue
- Muscle or body aches
- Nasal congestion or runny nose

Resources for testing:

[Multnomah County Student Health Centers](#)

[OHSU Benson Wellness Center](#)

[Multnomah County Testing Sites](#)

[Covid-19 Testing in Oregon](#)

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Individuals who test positive for COVID-19 should follow the Isolation guidelines below. Visit the [Positive COVID Test website](#) and [COVID-19 Case Support Hotline \(866\) 917-8881](#).

- Individuals who test positive should isolate for at least 5 days.
- To calculate the 5-day isolation period, day 0 is the first day of symptoms or a positive test result if there are no symptoms.
- Individuals may return to activities the day after isolation ends (on day 6).
- Individuals should not leave isolation until they are fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved.
- Individuals should wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of the 5-day isolation period.