

# Morning Home Health Checklist

**Please review the following each morning before coming to Ellis.**

**YOUR CHILD MUST STAY HOME** if they have any of the symptoms listed below:

- 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)
- Vomiting or diarrhea

**Your child should stay home** if they have any of the symptoms below **AND** at least one of the above symptoms:

- Sore throat
- Headache
- Fatigue
- Nasal congestion or runny nose (not due to other known causes, such as allergies)

## **If your child has COVID symptoms:**

- Keep your child home, have them seen by their primary care provider, and test for COVID-19 (PCR and molecular tests preferred, but rapid tests are permissible).
- Report the negative test result to Claire McNally at [cmcnally@ellisearlylearning.org](mailto:cmcnally@ellisearlylearning.org) or Laura Gosenca at [lgosenca@ellisearlylearning.org](mailto:lgosenca@ellisearlylearning.org) prior to returning to Ellis

**\*Important note: If your child had a fever overnight or the previous day and took fever-reducing medicine (like Tylenol), they may not come to Ellis until they have been fever-free without medication for 24 hours.**