

# Daily Wellness Check

## WE NEED YOUR HELP!

GV Hawaii students, staff, and faculty must complete a self-wellness check each day before school if fully vaccinated or not. Please report any illness or COVID-19 exposure to the school or supervisor.



### CHECK FOR COVID-19-LIKE SYMPTOMS OF ILLNESS

If you have any symptoms below, please **stay home!**

- Fever (higher than 100°F or hot to the touch)
- 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 or vomiting
- Diarrhea

**HELP US TO KEEP OUR  
SCHOOL HEALTHY  
AND SAFE!**

### WHAT IS A CLOSE CONTACT AT SCHOOL?

#### Mask OFF



#### Mask ON



A close contact is a person who was within 6 feet of a person with COVID-19 infection for 15 minutes or more over a 24-hour period where people were eating and drinking and not wearing masks.

**OR**

A close contact is a person who was within 3 feet of a person with COVID-19 infection for 15 minutes or more over a 24-hour period where people were wearing masks.



# When can I return to school/work?

## For Someone with COVID-19-like Symptoms *Must meet ALL three criteria in ONE of these columns*



### Negative COVID-19 Test

- 1 Proof of a negative COVID-19 test result.
- 2 At least 24 hours have passed since last fever without the use of fever-reducing medication.
- 3 Symptoms have improved.



### At Least 5 Days

- 1 At least 5 days have passed since symptoms first appeared.
- 2 At least 24 hours have passed since last fever without the use of fever-reducing medication.
- 3 Symptoms have improved.



### Doctor's Note\*

- 1 A signed note from a licensed medical provider.
- 2 At least 24 hours have passed since last fever without the use of fever-reducing medication.
- 3 Symptoms have improved.

## For Someone with Other Symptoms

*Must meet ALL criteria below*



1 No known risk of recent exposure to COVID-19.



2 At least 24 hours have passed since last fever without the use of fever-reducing medication.



3 Symptoms have improved.

## For Someone Who Tests Positive for COVID-19

*Must meet ALL criteria below*



1 At least 5 days have passed since symptoms onset, or if no symptoms, at least 5 days have passed since the date of the positive test.



2 At least 24 hours have passed since last fever without the use of fever-reducing medication.



3 Symptoms have improved.



4 Must continue to adhere to masking requirements.

## For Someone Who Is a Close Contact at school of a COVID-19 Case<sup>†</sup>



1 Quarantine is not required regardless of vaccination status. You may remain in school unless you develop symptoms or test positive for COVID-19.



2 Testing recommended at least 5 days after your last contact with the person with COVID-19, even if you don't have symptoms.



3 Monitor for COVID-19-like symptoms.



4 Must continue to adhere to masking requirements.

\*When there is low-suspicion of COVID-19 or diagnosis of another health condition (e.g., allergy or asthma), a medical provider may use clinical judgment to allow return to school or work.

<sup>†</sup>People infected with COVID-19