

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[†]



- 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.

[†]People infected with COVID-19