



Covid-19 Self-Health Symptoms Checklist

Please complete the Self-Health Symptoms Checklist below prior to leaving home for classes.

Have you had any signs or symptoms of a fever in the past 24 hours such as chills, sweats, felt feverish, or had a temperature that is elevated for you/100.4F or greater?

Do you currently or have you had any of the symptoms shown below in the past 48-72 hours?

- Cough
- Shortness of Breath or Chest Tightness
- Sore Throat
- Nasal Congestion/Runny Nose
- Myalgia (Body Aches)
- Loss of Taste and/or Smell
- Diarrhea
- Nausea
- Vomiting
- Fever/Chills/Sweats

Have you traveled internationally in the last 14 days? Or, have you had any close contact in the last 10 days with someone with a diagnosed case of COVID-19?

If you can answer NO to all of the questions above, we welcome you to come in and participate in swim lessons. If you answer YES to any of these questions, we kindly ask you to stay at home today in order to ensure the safety of our staff and the other families in the school.

Seek medical care immediately if someone is experiencing any of the emergency symptoms below:

- Trouble Breathing
- Persistent pain or pressure in the chest
- New Confusion
- Inability to wake or stay awake
- Bluish lips or face

**This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Thank you! We appreciate your cooperation!