



## DAILY HOME SCREENING FOR COACHES & PLAYERS

### SECTION 1: Symptoms

#### More Common Symptoms

- Temperature 100.4 degrees Fahrenheit or higher.  
*Please check temperature every day before leaving for school.*
- New onset or worsening cough
- Difficulty breathing
- New loss of taste or smell

#### Less Common Symptoms

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue
- New onset of severe headache
- Nasal congestion or runny nose

### SECTION 2: Close Contact/Exposure

- Have you been in close contact with a person confirmed to have COVID-19? Close contact is within six feet for at least 15 minutes.
- Have you been told by a public health official or medical provider that you need to isolate?

### Do I need to stay home?

- Anyone who is experiencing **ONE** of the more common symptoms or at least **TWO** of the less common symptoms should stay home, along with ALL household members.
- Anyone who answered “yes” to either question in SECTION 2 should stay home. Household members **ONLY** need to stay home if someone in the household is experiencing symptoms or is awaiting COVID-19 test results.

### Who should I call?

Call your players coach as soon as possible to report an issue.

Contact your health care provider if you need an evaluation or COVID-19 test.

A COVID-19 helpline and email address is also available from the Minnesota Department of Health for members of the public

651-297-1304

Mon-Fri 9:00 a.m. to 4:00 p.m.

[health.covid19@state.mn.us](mailto:health.covid19@state.mn.us)