

# CHECK UP

Before you go to school every day, make sure you've done a health check.

You shouldn't be at school if you have any of these symptoms:

- Fever (above 38°C) or chills
- Cough
- Difficulty breathing
- Loss of sense of smell or taste
- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea and vomiting
- Diarrhea

If you have any of these symptoms or just don't feel well, please stay home.

If you are unsure if you are well enough to attend school, call 8-1-1 or your health care provider for guidance.

