



# Symptom Free Schools

## Wellness Check for Students & Staff

The Wellness Check is provided to families and staff to understand the district's expectations of what families and staff should do to help keep schools symptom free.

Student/Staff is feeling sick with any of the following **symptoms**:

- Fever/Chills
- Cough
- Fatigue
- Muscle/body aches
- Headache
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



**Stay home or go home until symptoms are improving and fever-free for 24 hours without the use of fever-reducing medication.**

### **FREE Testing for COVID-19 for Students and Staff**

The district is offering FREE antigen and PCR testing through Beacon locations at the Administrative Center, North Pole High, West Valley High; your school nurse; and by requesting an at-home testing kit (antigen only).

Individuals interested in testing should schedule an appointment or request an at-home testing kit at [k12northstar.org/COVID](https://www.k12northstar.org/COVID).

### **Send Questions & Test Results to:**

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