DISTRICT OF COLUMBIA
OFFICE OF THE STATE SUPERINTENDENT OF
EDUCATION

Review of Symptoms Consistent with COVID-19

Issued: Sept. 10, 2021

This checklist is a list of symptoms consistent with COVID-19 infection. The checklist is not intended to be used to provide a medical diagnosis. Instead, it is an optional resource for school staff to complete in order to follow DC Health guidance. Though the Office of the State Superintendent of Education (OSSE) has developed this checklist in collaboration with DC Health, OSSE cannot provide clinical interpretation or assist in its completion. School staff may use the list to determine if an individual in the school setting should go to the isolation room, be considered for a COVID-19 test and be dismissed from school. Anyone with these symptoms should be assumed to have COVID-19 until that is ruled out with testing. The most up-to-date list of symptoms is available in DC Health's Guidance for Schools.

Severe Symptoms[1] indicate that *emergency medical care is needed immediately*. **Call 9-1-1 for**:
- ☐ Trouble breathing
- ☐ Persistent pain or pressure in the chest
- ☐ New confusion
- ☐ Inability to wake or stay awake
- ☐ Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

Persons 18 years and older experiencing **any** of the following symptoms that are new or unexplained:

- ☐ Fever (100.4F or higher, or subjective)
- ☐ Chills
- ☐ New or worsening cough
- ☐ Shortness of breath/difficulty breathing. **Call 9-1-1 if this is severe.**
- ☐ An unusual amount of tiredness
- ☐ Muscle or body aches
- ☐ Headache
- ☐ New loss of taste or smell
- ☐ Sore throat
- ☐ Runny nose or congestion
- ☐ Nausea or vomiting
- ☐ Diarrhea

Persons Younger than 18 Years of Age experiencing the following symptoms that are new or unexplained:

Any ONE of these red flag symptoms:
- ☐ New or worsening cough
- ☐ Shortness of breath/difficulty breathing. **Call 9-1-1 if this is severe.**
- ☐ New loss of taste or smell
- ☐ Fever (100.4F or higher, or subjective)

OR

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[1] CDC: Symptoms of COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

Any TWO of the following symptoms:

- ☐ Chills
- ☐ Muscle or body aches
- ☐ Headache
- ☐ Sore throat

- ☐ Unusually amount of tiredness
- ☐ Nausea or vomiting
- ☐ Runny nose or congestion
- ☐ Diarrhea

Review the medical flag list (obtained from DC Health School Health Services Program personnel) once the symptoms are identified. **Determine if there are any other factors or conditions** that may cause these symptoms.

- ☐ Does the student have a pre-existing condition that may mimic these symptoms?
  - If so, follow the established care plan, including engaging health suite personnel (if applicable).
- ☐ Has the student been doing any activities that may cause these symptoms, like running, shouting, or playing hard?
- ☐ Are there any other explanations to these symptoms that do not include COVID-19?
  - If so, follow the established care plan, including engaging health suite personnel (if applicable) and the primary medical provider.

Next Steps: If the symptoms cannot be explained by any other pre-existing condition or activity, then there is a possibility that the student has COVID-19. Next steps should include:

- ☐ The student should remain in the isolation room and follow all applicable guidance from DC Health until they can be dismissed per established dismissal protocols.
- ☐ The student should provide a sample for a symptomatic COVID-19 saliva test, unless the student's parent/guardian (or the student, if 18 years or older) has opted out of the COVID-19 testing program. School staff must verify that student has not been opted out for testing prior to performing a COVID-19 test.
- ☐ The school should encourage the family/student to seek care from a healthcare provider.
- ☐ The school and the student should follow DC Health guidance for exclusion and return-to-school.
  - If the student *is* positive for COVID-19, the student must not attend school and should isolate, per DC Health guidance. The school must follow DC Health Guidance for Schools regarding reporting and should dismiss the positive individual and any individuals that the school identifies as potential close contacts..
  - If the student is *not* positive for COVID-19 (as determined by a negative PCR test OR by written or verbal documentation from a healthcare provider of an alternate diagnosis), they should remain home until they meet standard criteria to return to school after illness.

Other Guidance and Resources

- DC Health COVID-19 Guidance for Schools: https://coronavirus.dc.gov/healthguidance
- Centers for Disease Control and Prevention *Symptoms of COVID-19:* https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html