

## Monitor Your Health Daily

All students will be asked to monitor their health by performing a daily self-check for symptoms. A self-check should be done each morning before leaving for school. If your student is experiencing any of the following symptoms, please keep your student home and notify the school of his/her absence.

- Fever (defined as 100 degrees or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Nasal congestion (not due to other known causes, such as allergies), *when in combination with other symptoms*
- Difficulty breathing or shortness of breath
- Sore throat
- Nausea, vomiting or diarrhea
- Fatigue, *when in combination with other symptoms*
- Headache, *when in combination with other symptoms*
- Muscle aches or body aches
- New loss of taste or smell

To report your child's absence please call the school at 978-587-8300 and leave a message on our absence line. In addition to leaving a message you may also contact the school nurse at [jmf@fenwick.org](mailto:jmf@fenwick.org) with any concerns.

Please see our sick day guidelines for more information regarding absence due to illness.

