



## Riverview School District COVID-19 Planning, Preparation, and Daily Morning Checklist

### Daily Morning Checklist

**You MUST take your child's temperature each morning.** If you notice the following symptoms, please call your primary care physician and the school health staff and **keep your child home (and have them work virtually) until they are symptom free without the use of medication for 24 hours** (symptoms in bold are especially associated with Covid-19). If you have recently been around someone with Covid-19, or have been exposed to Covid-19, please call your primary care physician and alert the school health care staff immediately.

- ☒ **A temperature**
- ☒ **A cough (especially a NEW or uncontrolled cough that causes difficulty breathing)**
- ☒ **Shortness of breath**
- ☒ **Difficulty breathing**
- ☒ **New lack of smell or taste**
- ☒ Sore throat
- ☒ Runny nose and/or congestion
- ☒ Chills/shaking/body aches
- ☒ Muscle pain
- ☒ Nausea and/or vomiting
- ☒ Headache
- ☒ Diarrhea
- ☒ Fatigue (especially new fatigue)

### Plan and Prepare

- ☒ Wear a mask at all times.
- ☒ Wash hands often with soap and water for at least 20 seconds (especially after going to the bathroom), before eating, and after blowing your nose, coughing, or sneezing.
- ☒ If soap and water is not readily available, use a hand sanitizer that contains at least 60% alcohol.
- ☒ Avoid close contact with people who are ill.
- ☒ Avoid touching your face.
- ☒ Clean frequently touched surfaces and objects.
- ☒ Cover your cough or sneeze with a mask or tissue, then throw the tissue into the trash immediately.
- ☒ Be prepared and have a back-up plan if your child's school or childcare facility temporarily closes.
- ☒ If your child is sick with any illness, **keep them home** and contact your primary care physician and the school health staff. If your child feels week, make sure they participate in classes virtually.
- ☒ If you have traveled (or plan to travel) to an area where there are high amounts of COVID-19 cases, it is recommended that you stay at home for 14 days upon return (link to Dept. of Health website below).

Link: [PA Department of Health Covid-19 Information for Travelers](https://www.health.pa.gov/topics/diseases/infectious/covid-19/Pages/COVID-19-Information-for-Travelers.aspx)

As always, your school nurses are available via phone or email to assist as needed:

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