

# BPS Student At Home Health Checklist

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**BPS FAMILIES MUST MONITOR THEIR CHILDREN FOR SYMPTOMS OF COVID-19 EVERY DAY BEFORE SCHOOL.**

**SOME SYMPTOMS OF COVID-19 ARE THE SAME AS THE FLU OR A BAD COLD; PLEASE DO NOT ASSUME IT IS ANOTHER CONDITION. WHEN IN DOUBT, STAY HOME AND CALL YOUR PRIMARY CARE PROVIDER. YOUR CHILD MUST STAY HOME IF YOUR CHILD OR ANYONE IN THE HOME HAS ANY OF THE SYMPTOMS LISTED BELOW:**

- Fever (100.0°F or higher without fever-reducing medicine), chills or shaking chills
- Cough
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue
- Nasal congestion or runny nose

**OR**

- If your child is in contact with a household member who has a positive COVID-19 diagnosis who has not yet been cleared from isolation by the Boston Public Health Commission.
- If you have recently traveled outside of Massachusetts: please review the current order related to travel stated below. Your child will be required to quarantine for 10 days - except in the case of a student age 11 and older has a negative COVID-19 test result that has been administered no earlier than 72-hours prior to your arrival in Massachusetts.
- ALL students must quarantine or meet the 72-hour testing rule if returning from international travel.

**Any student that is a close contact of a COVID-19 positive person, must stay home from school and quarantine for 10 days from the date of the last interaction with that person. Contact your primary care provider, the Boston Public Health Commission, or your school nurse for further guidance.**

