

Student Daily COVID-19 Self/Guardian Checklist

Students should not be physically present on any Rocklin Unified School District campus or facility if any of the following symptoms are present. Additionally, students should not be physically present if they have been exposed to anyone with a confirmed positive COVID-19 test within the past 14 days.

COVID-19 Symptoms Include:

- Fever (100.4 degrees or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. Health officials will continue to update this list as we learn more about COVID-19.