## Most common symptoms of COVID-19 and testing requirements:

The single most important thing to do if any of the following symptoms are present is to **STAY HOME**. Our collective health relies, in part, on individual attention and responsibility. Note that 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.

**Please STAY HOME if you have any of the symptoms listed.**

Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves:[[1]](#footnote-1) [[2]](#footnote-2)

* Fever (100.0° Fahrenheit or higher), chills, or shaking chills (CDC has lowered the temperature from 100.4 to 100.0)
* Cough (not due to other known cause, such as chronic cough)
* Difficulty breathing or shortness of breath
* New loss of taste or smell
* Sore throat
* Headache *when in combination with other symptoms*
* Muscle aches or body aches
* Nausea, vomiting, or diarrhea
* Fatigue, when in combination with other symptoms
* Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*

**If staff or students have any of these symptoms, they should be tested and must follow the protocols outlined in the following pages.**

1. Massachusetts DPH, [Testing of Persons with Suspect COVID-19.](https://www.mass.gov/doc/covid-19-testing-guidance/download) (2020, May 13). [↑](#footnote-ref-1)
2. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> [↑](#footnote-ref-2)