

# Self-Screening and available Options for Care

Every day ask yourself or your student the following screening questions PRIOR to entering any school building. The most appropriate diagnosis, care, and testing options will be determined upon your review with your health care provider.

<p><b>Do you have one of the following?</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Fever of over 100.4°F</li> <li><input checked="" type="checkbox"/> Onset of shortness of breath or difficulty breathing</li> <li><input checked="" type="checkbox"/> New onset of dry cough</li> <li><input checked="" type="checkbox"/> New onset or loss of taste or smell</li> </ul>	<p><b>Do you have 2+ of the following?</b> <i>(Lasting more than 24 hours without a known source?)</i></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Chills longer than 2 hours</li> <li><input checked="" type="checkbox"/> Congestion and/or runny nose</li> <li><input checked="" type="checkbox"/> Nausea, vomiting, or diarrhea</li> <li><input checked="" type="checkbox"/> Sore throat</li> <li><input checked="" type="checkbox"/> Headache</li> <li><input checked="" type="checkbox"/> Muscle pain</li> </ul>	<p><b>Have you had contact with COVID-19?</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Have you had close contact with someone positive for COVID-19? (Contact longer than 15 minutes within 6 feet without a face covering or residing with someone who is positive.)</li> </ul>	<p><b>Have you been directed to self-isolate?</b></p> <ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> Have you been directed to self-isolate due to a positive COVID-19 result or for having contact with someone with COVID-19?</li> </ul>
<p>Follow up with your family physician for diagnosis/care. Possible COVID testing after review: Rapid Test OR Send Out Test.*</p>	<p>Follow up with your family physician for diagnosis/care. Possible COVID testing after review: Send Out Test OR Test Nebraska.*</p>	<p>If close contact or directed to self-isolate. Follow up with your family physician for diagnosis/care. Possible COVID testing after review With Symptoms: Rapid Test Without Symptoms: Test Nebraska.*</p>	



If you answered YES to ANY of the above questions, DO NOT go to school.  
**Get tested for COVID-19**

## WHERE TO GET TESTED

SEWARD MEMORIAL HEALTH - [www.mhcs.us/coronavirus](http://www.mhcs.us/coronavirus)

BRYAN HEALTH - [www.bryanhealth.com/coronavirus-clp](http://www.bryanhealth.com/coronavirus-clp)

CHI - [www.chihealth.com/coronavirus](http://www.chihealth.com/coronavirus)

TEST NEBRASKA - [www.testnebraska.com/en](http://www.testnebraska.com/en)

- **\*Family Physician for diagnosis/care** - We understand it's alarming to have overlapping symptoms with COVID-19. An in-person doctor's office visit can help us determine what's going on. Depending on your symptoms and health history, a virtual visit or telehealth visit may also be appropriate for you.
- **If COVID-19 testing is needed there are 3 different testing options. The most appropriate testing will be determined by your physician. The only test option for no symptoms is Test Nebraska.**
  - **Rapid Test** - Results available same day.
  - **Send Out Test** - Results available on average 1-3 days.
  - **Test Nebraska** - Results available on average 1-3 days.