



Self-Screening Tool

2022-2023 School Year

This tool was developed by Portland Public Schools in collaboration with local and state health authorities. You can use this tool every day to screen for common symptoms of illness that may require you to stay home to get better. The West Linn-Wilsonville School District cares about your privacy and all information shared with the school will remain confidential.

West Linn-Wilsonville uses a layered mitigation approach to respond to communicable disease in schools. We encourage you to continue practicing personal mitigation measures such as hand washing, covering your cough, and masking. A school nurse may contact you by phone to gather more information about your student's illness.



Parents/Guardians should notify the school if your student(s):






- Develop any symptoms described below; **OR**
- Are diagnosed with a contagious disease like COVID-19, Chickenpox, hMPXV ("Monkeypox"), Measles, Meningitis, or Pertussis (Whooping Cough).

Staff should notify your supervisor if you:

- Develop any symptoms described below; **OR**
- Are diagnosed with a contagious disease like COVID-19, Chickenpox, hMPXV ("Monkeypox"), Measles, Meningitis, or Pertussis (Whooping Cough).

Symptoms that require you to stay home

The list below gives school instructions, not medical advice. Please contact your health care provider with health concerns.

IF INDIVIDUAL HAS...	INDIVIDUAL MAY RETURN AFTER... <i>NOTE: This list indicates the <u>shortest</u> time to stay home. Check with your provider about when it's ok to return to work or school since some illnesses may require a longer recovery period.</i>
2+ primary symptoms of COVID-19: <ul style="list-style-type: none"> • Fever • Cough • Difficulty breathing or shortness of breath • Loss of taste or smell 	<ul style="list-style-type: none"> • COVID-19 test is negative and the individual has gone 24 hours fever-free without the use of fever-reducing medication and other symptoms improve. • Minimum 5-day isolation if you do not test or if your test is positive. Individuals must follow applicable symptom-based guidance for other symptoms. • Individuals should wear a mask in school/work for an additional 5 days (Days 6-10) following a 5-day isolation.
 Skin rash or open sores	* Rash is gone OR sores are dry OR the rash/sore can be completely covered by a bandage OR the school nurse received orders from a doctor indicating that the student can return. If you have a confirmed diagnosis of hMPXV ("Monkeypox"), your health provider must clear you to return to school/work.
 Fever: temperature of 100.4°F (38°C) or greater	* Fever-free for 24 hours without taking fever-reducing medicine. <ul style="list-style-type: none"> • If you test positive for COVID-19 report it to the school/work.
 New cough OR New difficulty breathing	* Symptoms improving for 24 hours (no cough or cough is well-controlled OR breathing comfortably) <ul style="list-style-type: none"> • If diagnosed with pertussis (whooping cough), the student must take 5 days of prescribed antibiotics before returning. • If you test positive for COVID-19 report it to the school/work.
 Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	* Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Vomiting: one or more episode that is unexplained	* Symptom-free for 48 hours OR with orders from doctor to school nurse.

For a full list of symptoms that require you to stay home, see [ODE/OHA Communicable Disease Guidance](#).