PINEAPPLE DANCE
DAILY HEALTH QUESTIONNAIRE POLICY
(Updated -DQDU)

Thank you for helping to keep our community safe and healthy by reviewing this health checklist everyday (you do not need to complete any forms).

Please note that sending your child, or attending a class yourself, indicates your consent to abide by the COVID-19 restrictions outlined below and that the student meets the criteria to attend that day. Please read carefully and sign this form.

1. Does the person attending class have any of the following symptoms of COVID-19?

- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- Fatigue in combination with other symptoms
- Fever of 99.0 F or higher, chills, or shaking chills
- Headache (in combination with other symptoms)
- Muscle aches or body aches (not due to strenuous exercise)
- Nasal congestion or runny nose (not due to other known causes, such as allergies and when in combination with other symptoms)
- Nausea, vomiting, or diarrhea
- New loss of taste or smell
- Sore throat

2. Have you recently been in "close contact" with anyone who has COVID-19?

Close Contact is defined as being closer than 6 feet away from an individual who tests positive for COVID-19 for at least fifteen minutes. The infectious period begins 2 days prior to symptom onset. If someone is asymptomatic, the infectious period is considered to begin 2 days prior to the collection of their positive test.

3. Are you experiencing sneezing, sniffling, or coughing due to allergies that require you to remove your mask frequently to blow your nose? (if symptoms are mild enough to keep your mask on, please inform your instructor at the beginning of class)

IF YOU ANSWERED YES TO ,212 THE STUDENT MUST STAY HOME. Please send an email letting us know of the student's condition.

If you answered YES to Question #2 and the student is unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, they can return to class after a quarantine of 5 days if they no symptoms; and we strongly encourage getting a Covid test at day 5 after exposure. If they develop symptoms they need to test at day 5 after exposure to confirm that their symptoms are not due to Covid, before returning to class.

If the student is exposed and has received their booster shot, they do not need to quarantine following an exposure if they have no symptoms; but we strongly encourage getting a Covid test at day 5 after exposure. If they develop symptoms they need to test at day 5 after exposure to confirm that their symptoms are not due to Covid, before returning to class.

If a student tests positive for Covid they should isolate for 5 days, afterwards if they are asymptomatic or their symptoms are resolving (without fever for 24 hours) then they can return to class.

Participant Name: _____

Signature: _____ Date:_____
(Parent/Guardian if participant is under 18 years old)