

Self-Checker Guide



A Holistic Approach

While testing is critical and necessary, it is not sufficient in isolation, and becomes less effective if not supported by other measures prior to and following testing.

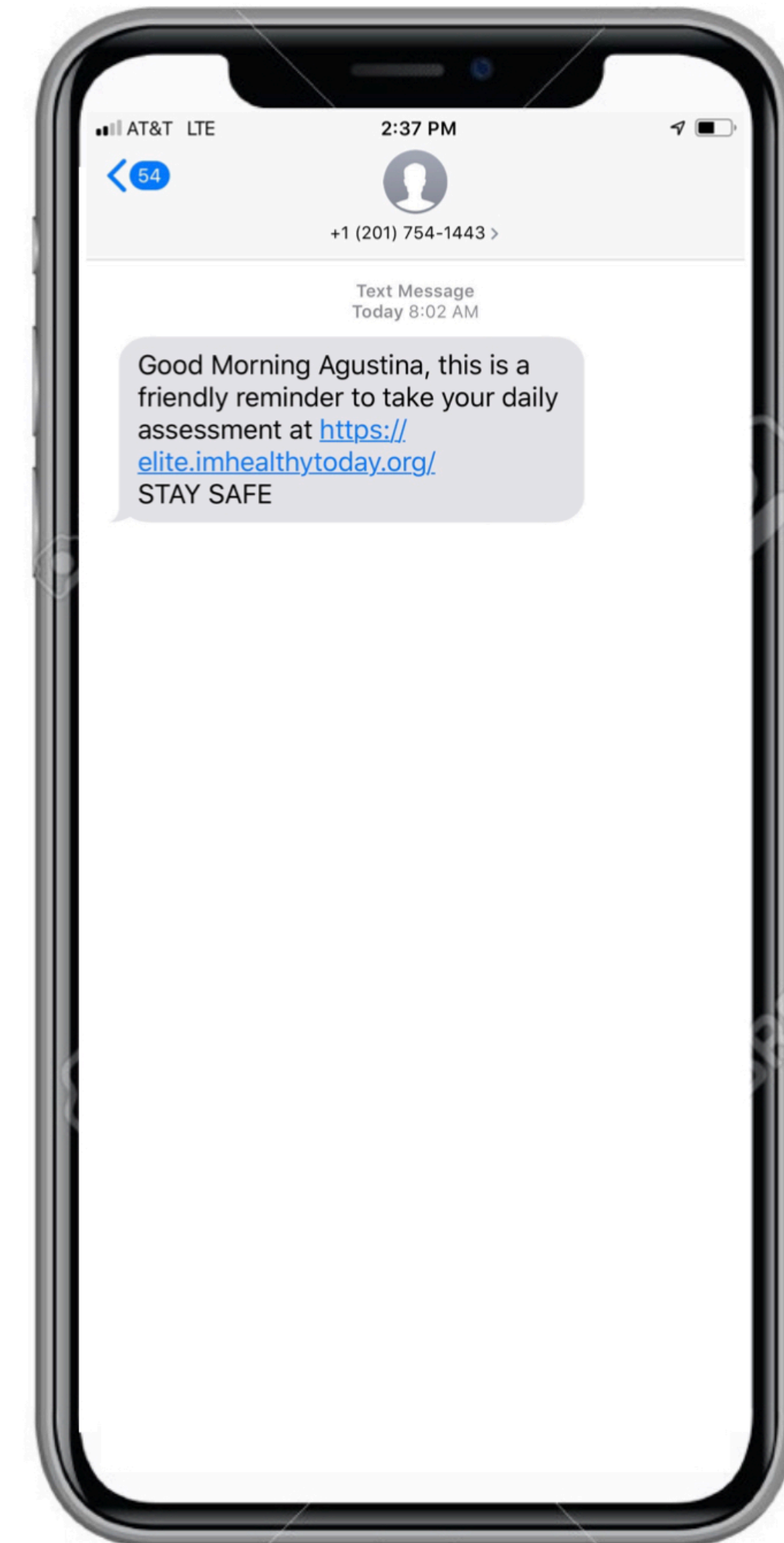
Daily self-reporting through the Imhealthytoday Daily Checker, following your school code of conduct, and complying with medical protocols is the pathway to containing the spread of COVID-19.

Let's go forward, together.

Daily Reminder

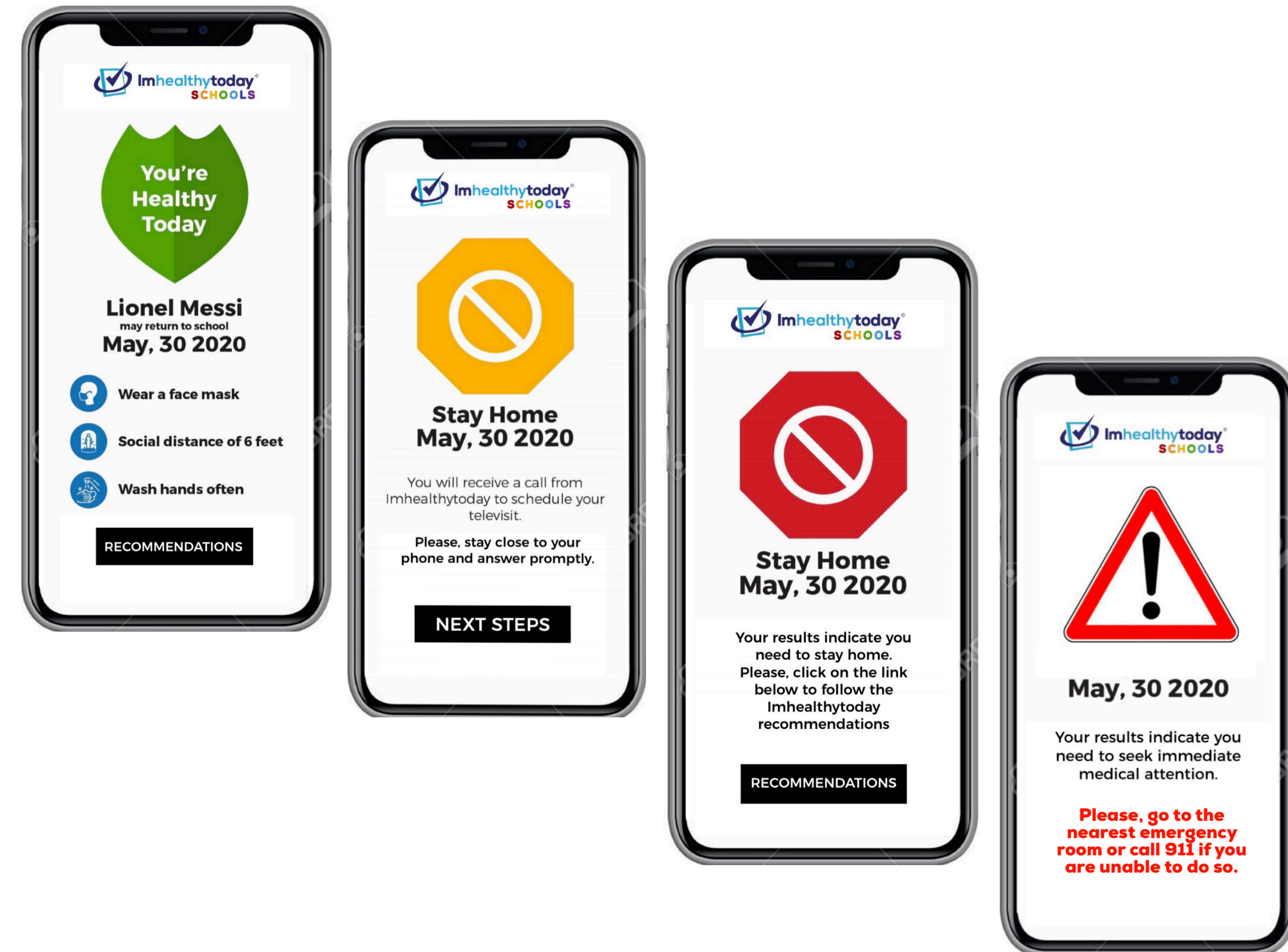
You will receive a daily reminder including your link to log in. You will be able to access your Daily Checker simply by clicking on the link you will receive every morning for each of your children.

The daily reminders will remain active during weekends and holidays. Containing the spread of COVID-19 and keeping your family safe doesn't stop when your children aren't in school.



Self-Checker Results

Immediately after answering the questions in the self-checker you will receive your child's results. There is a convenient button at the bottom of each Badge Screen to provide you with recommendations and next steps.



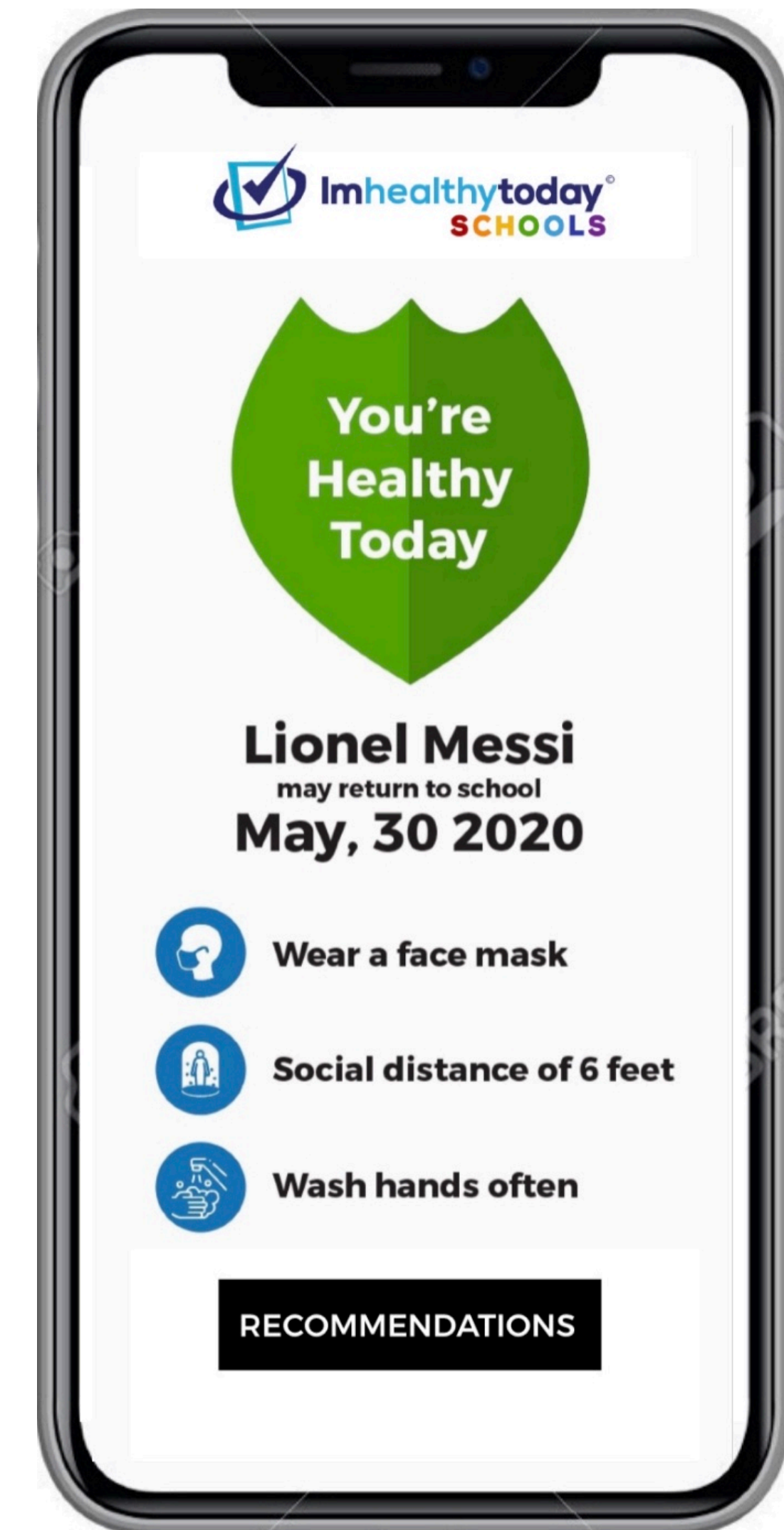
Green Light

You are cleared to return to school.

You will be able to show your phone screen at the school entry point to verify clearance.

If you do not take your child to school, you may forward the Badge to your child's phone so they can gain entrance.

The "Recommendations" button will take you to some further details about how to keep you and your children safe.

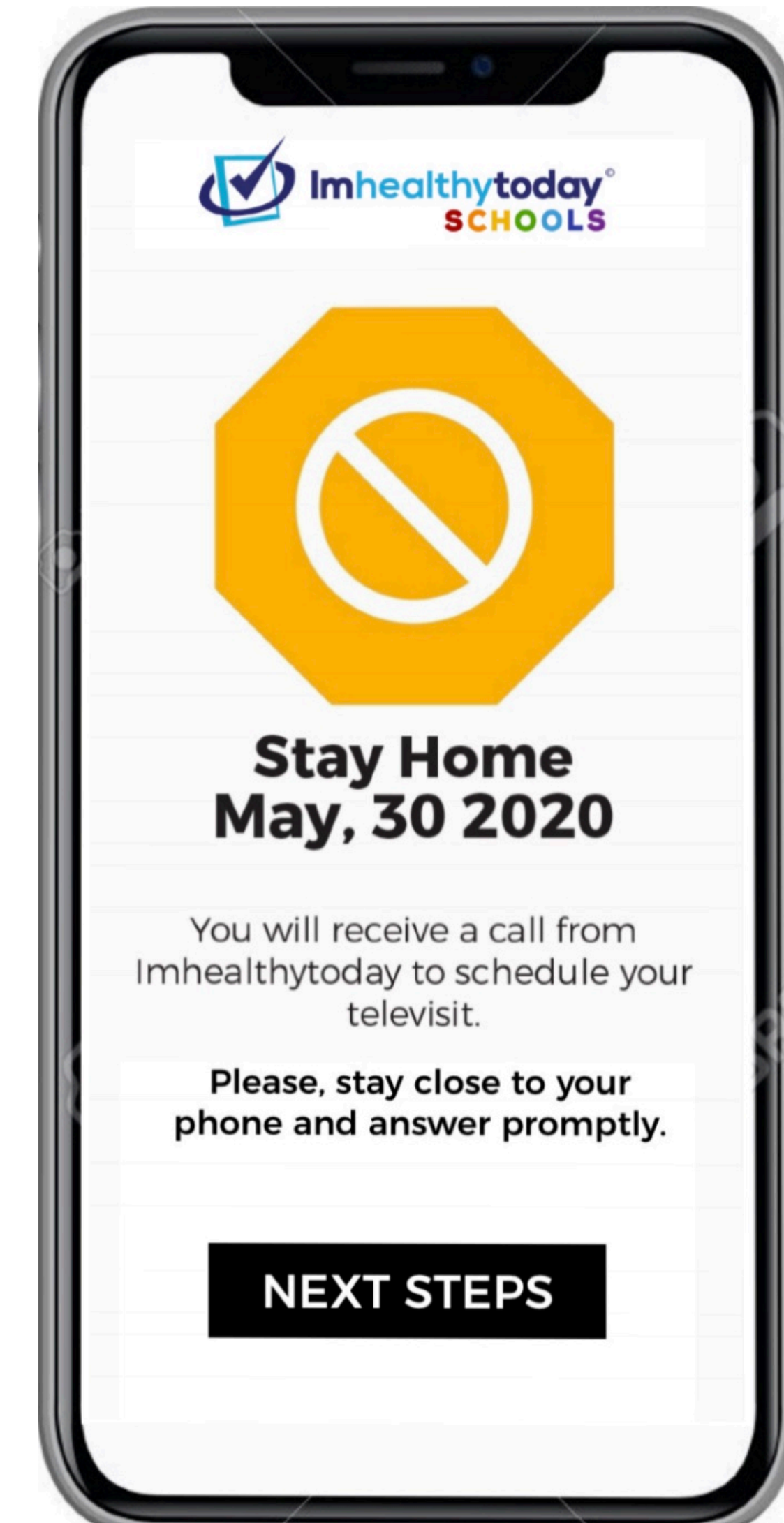


Yellow Light

Your results indicate you need a medical tele-visit to determine if you need testing or if you are cleared to return to school

Please keep your phone readily available as an Imhealthytoday team member will contact you promptly to schedule your child's tele-visit. If during your tele-visit it is determined you need COVID-19 testing, a member of our team will coordinate getting your child tested quickly.

Click on the "Next Steps" button so that you know exactly what to expect next.



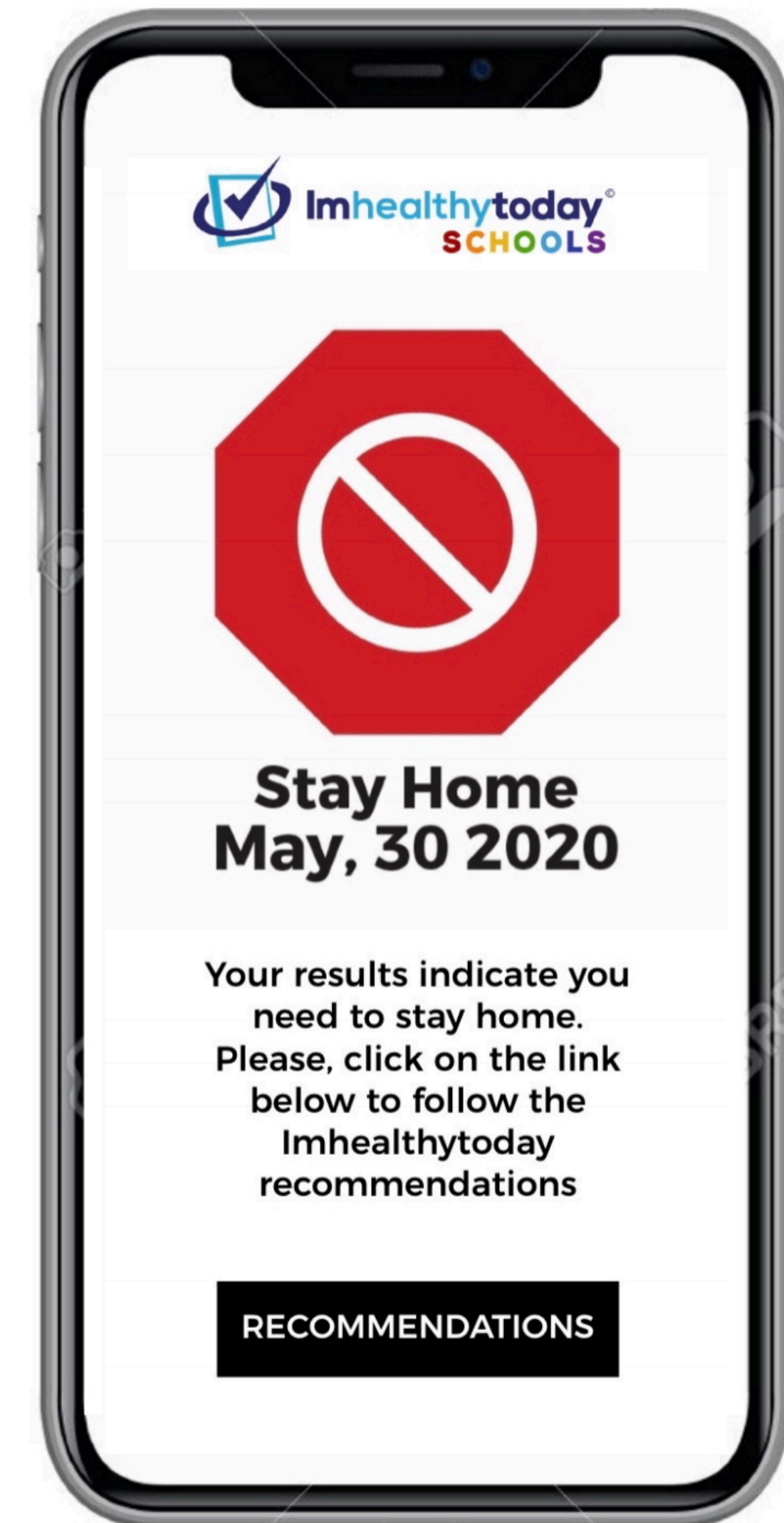
Red Light

A Red Light occurs after you have received a tele-visit from one of our medical providers who has determined that your child should get a COVID-19 test.

The Red Light indicates your child should remain at home and in quarantine until they receive their test results.

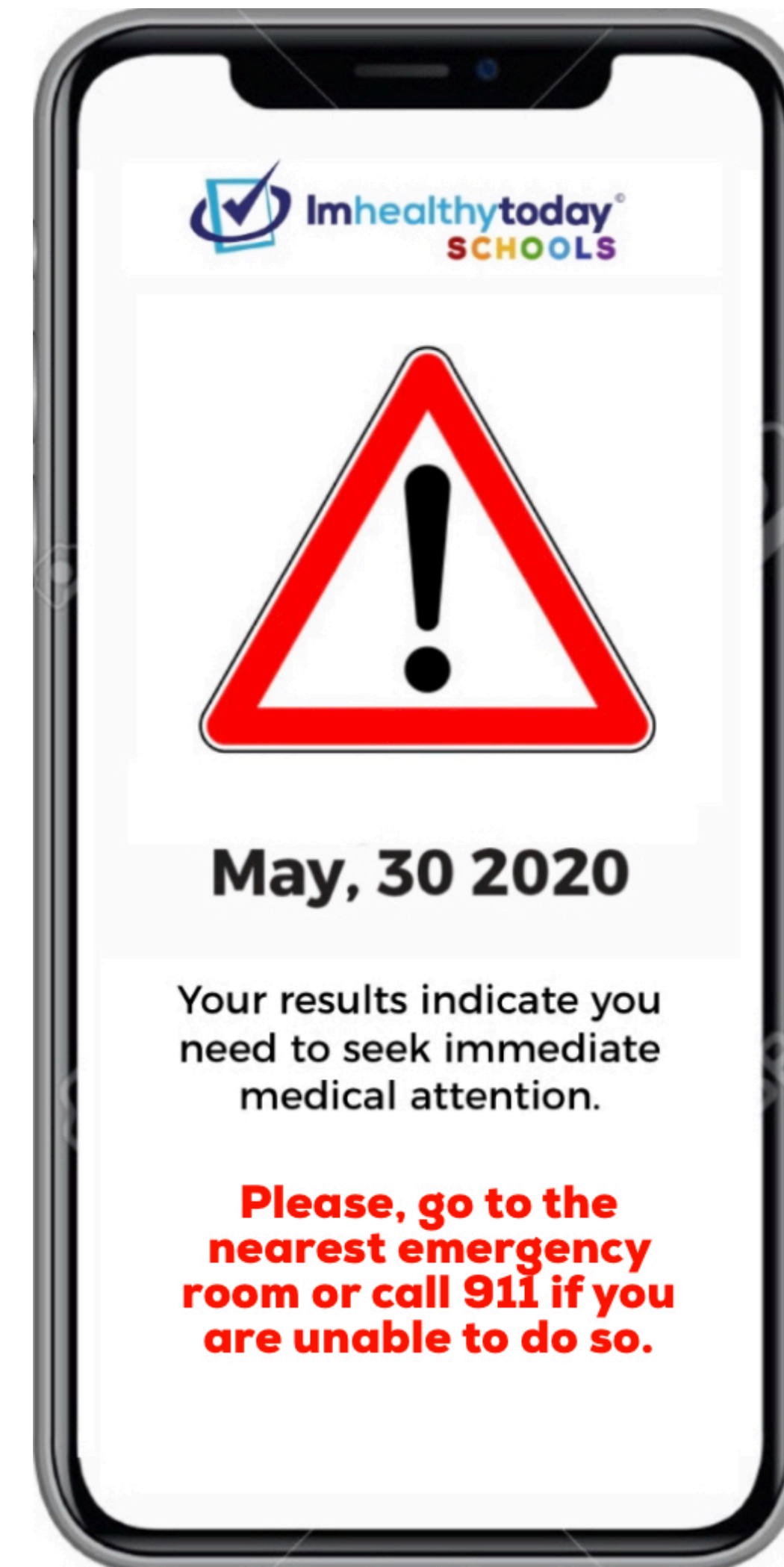
If their test results are negative they will receive a Green Light and will be cleared to return to school.

If their test results are positive, you will be instructed to keep your child in isolation for a total of 10 days at which time an Imhealthytoday team member will coordinate another test so that your child can be cleared to return to school.



Emergency Light

The Emergency Light condition is very unlikely to occur, but if your child's screening results indicate that their condition is potentially critical, you will need to help them seek immediate medical attention. Please take your child to the nearest emergency room or call 911 if you are unable to do so.



Sample Self-Checker Sequence

The sequence consists of five screens:

- Screen 1:** "Does your child have any of the following severe symptoms?" with a list of symptoms and "Yes/No" buttons.
 - Shortness of Breath
 - Persistent Fever
 - Persistent chest pain and pressure
 - Inability to wake or stay awake
 - Bluish lips or face
 - New mental confusion
- Screen 2:** "Does your child have any of the following symptoms (Please only say 'yes' if it is a new symptom and not a chronic condition)?" with a list of symptoms and "Yes/No" buttons.
 - 1. Mild fever between 100.4°F and 102°F
 - 2. Mild shortness of breath
 - 3. Dry cough
 - 4. Headache (persistent)
 - 5. Fatigue
 - 6. Sore throat
 - 7. Body aches
 - 8. Runny / stuffy nose
 - 9. Nausea / vomiting
- Screen 3:** "Does your child have a new loss of taste or smell?" with "Yes/No" buttons.
- Screen 4:** "Has your child been in Close Contact (within 6 feet for over 15 minutes) with anyone with a confirmed COVID-19 diagnosis since last being at school?" with "Yes/No" buttons.
- Screen 5:** "You're Healthy Today" with a green shield icon, a message about Lionel Messi's return to school, and a list of recommendations: "Wear a face mask", "Social distance of 6 feet", and "Wash hands often".

Together We Win

In order for this program to work it requires the attention and efforts of all involved.

In summary here is what we ask of every parent:

- Complete the Daily Screener for every child in your household every day
- If you don't take your child to school, make sure to forward their Daily Screener Badge results to show on their phone
- Make sure to complete the Daily Screener even on weekends and holidays so that any issues can be caught as early as possible

