



## Employee and Student Wellness Guidelines

### Self Check 24 Hour Illness Policy

Within the past 24 hours have you:

- Had a fever of 99.5 or above?
- Had a new cough that you cannot attribute to another health condition?
- Had chills that you cannot attribute to another health condition?
- Had shortness of breath that you cannot attribute to another health condition
- Had a new sore throat that you cannot attribute to another health condition?
- Had any new muscle aches that you cannot attribute to another health condition, or that may have been caused by another physical activity (i.e. working out)?
- Had a new headache that you cannot attribute to another health condition?
- Had a new loss of taste or smell that you cannot attribute to another health condition?

If you answered 'no' to all of these questions, you can come to gymnastics!