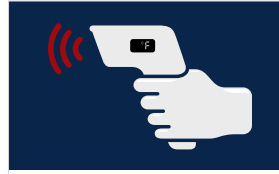


RETURN TO YOUTH FOOTBALL 2020

SELF-CHECK HEALTH GUIDE

Be smart this season. Returning to the fields means returning only if you're healthy and don't have symptoms. Use this self-check guide every time before you head out to the field.

IN THE LAST 14 DAYS HAVE YOU HAD...



A fever?

(Record here if higher than 100.3°F _____)

- Yes
 No



A cough?

- Yes
 No



A sore throat?

- Yes
 No



Shortness of breath?

- Yes
 No



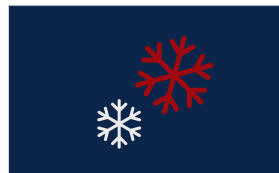
Congestion?

- Yes
 No



A headache?

- Yes
 No



Chills?

- Yes
 No



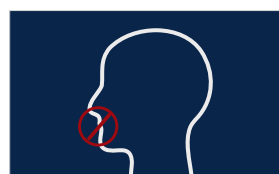
Muscle and/or joint pain?

- Yes
 No



Nausea/ Vomiting?

- Yes
 No



Loss of sense of smell and taste?

- Yes
 No



Diarrhea?

- Yes
 No



Close contact or cared for someone with COVID-19?

- Yes
 No

▶ If you answered yes to any of these, we recommend you stay home.