

Appendix E

Checklist for young people BEFORE they attend an in-person gathering

Part 1: Symptoms

Any of the symptoms below could indicate a COVID-19 infection in young people and may put you at risk for spreading illness to others. Please note that this list does not include all possible symptoms and some people may experience any, all, or none of these symptoms. This is not about keeping you away. It is about protecting you and all that are at the gathering!

BEFORE coming to a youth ministry gathering/ meeting check yourself for these symptoms:

Column A

<input type="checkbox"/>	Fever (measured or subjective)
<input type="checkbox"/>	Chills
<input type="checkbox"/>	Rigors (shivers)
<input type="checkbox"/>	Myalgia (muscle aches)
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Sore Throat
<input type="checkbox"/>	Nausea or Vomiting
<input type="checkbox"/>	Diarrhea
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Congestion or runny nose

Column B

<input type="checkbox"/>	Cough
<input type="checkbox"/>	Shortness of Breath
<input type="checkbox"/>	Difficulty Breathing
<input type="checkbox"/>	New loss of smell
<input type="checkbox"/>	New loss of taste

If **TWO OR MORE** of the fields in Column A are checked off **OR AT LEAST ONE** field in column B is checked off, please **DO NOT** attend a Youth Ministry gathering and alert your parents about your symptoms

Part 2: Close Contact/Potential Exposure

Please verify if:

<input type="checkbox"/>	Have you have had close contact (within 6 feet of an infected person for at least 10 minutes) with a person with confirmed COVID-19
<input type="checkbox"/>	Someone in your household is diagnosed with COVID-19
<input type="checkbox"/>	Have You traveled to a state or area of high transmission or on the NJ State Quarantine list

If **ANY** of the fields in Part 2 are checked off, your should NOT attend a Youth Ministry gathering.

You should according to CDC/ NJ DOH guidelines remain home for 14 days from the last date of exposure (if child is a close contact of a confirmed COVID-19 case) or date of return to New Jersey.