

# RETURN TO YOUTH FOOTBALL 2021

## 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



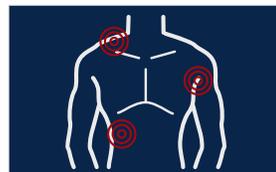
#### A headache?

- 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. Find more resources at [usafootball.com/return](https://usafootball.com/return).