

# TINKERGARTEN

## Pre-Tinkergarten COVID Check

Thank you for helping to keep your Tinkergarten class community safe and healthy by reviewing this health checklist before every live session. Each week, before child(ren) and grown up(s) from your household or pod attend Tinkergarten in person, you **must** be able to answer “no” to the following two questions and ensure that you have followed CDC guidance, if you have traveled out of state.

**Please note that attending Tinkergarten indicates your consent to abide by our approach to health and safety and that everyone who plans to attend meets the criteria to attend that day. Compliance helps to ensure safety for our community. Non-compliance will cause risk and may result in a family not being able to participate.**

### **1. Does anyone who plans to attend Tinkergarten have any of the following symptoms of COVID-19?**

- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- Fatigue in combination with other symptoms
- Fever of 100.0 F or higher, chills, or shaking chills
- Headache (in combination with other symptoms)
- Muscle aches or body aches
- Nasal congestion or runny nose (not due to other known causes, such as allergies and when in combination with other symptoms)
- Nausea, vomiting, or diarrhea
- New loss of taste or smell
- Sore throat

### **2. Has anyone who is planning to attend Tinkergarten recently been in "close contact" with anyone who has COVID-19?**

The CDC defines “close contact” as being closer than 6 feet away from an individual who tests positive for COVID-19 for at least fifteen minutes. The infectious period begins 2 days prior to symptom onset. If someone is asymptomatic, the infectious period is considered to begin 2 days prior to the collection of their positive test.

IF YOU ANSWERED YES TO EITHER OF THE ABOVE QUESTIONS YOU MUST REMAIN HOME FROM TINKERGARTEN, and utilize the pre-recorded class lesson and weekly content in your [My Tinkergarten dashboard](#).

We also strongly suggest that you consult with your physician to get proper medical support and care and to identify when it is safe to resume group, in-person activities. Please also reference the appropriate CDC guidance:

- [CDC Recommendations for Fully Vaccinated](#)
- [CDC Recommendations for Families with Un-Vaccinated Members](#)

#### **NOTIFICATION of POSITIVE TEST**

If you should find out that you or anyone from your household or pod who participated in your Tinkergarten session should test positive for COVID-19, please notify us by email at [support@tinkergarten.com](mailto:support@tinkergarten.com) to let us know. Depending on the risk associated, we may send an anonymous alert email to enrolled families.