



UNH Extension 4-H Health questions:

Please ask the following questions of all the participants in your 4-H program.

Have you experienced any of the following symptoms in the past 48 hours:

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea

Have you been in close contact with a person with a confirmed case of Covid-19 with the last 10 day?

If a participant answers yes to any of these questions you will need to ask them to leave and contact the program/event manager.