



September 22, 2020

In order to help limit the spread of a variety of illnesses within the school, children must stay home when they are sick. To help the school monitor for trends of illness, we ask that when calling about your child's absence, please share the symptoms of illness the student is experiencing.

**SHOULD I KEEP MY CHILD HOME OR SEND HIM/HER TO SCHOOL?**

Please keep your child home from school if he/she experiences any of the following symptoms:

| 1 or more of these symptoms                                                                                                                                                                                                                                  | 2 or more of these symptoms                                                                                                                                                                                                                                                                                                                                |
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| <ul style="list-style-type: none"><li>• Cough*</li><li>• Shortness of breath or Difficulty breathing*</li><li>• New loss of smell or taste*</li><li>• Fever of 100.4 or higher*</li></ul> <p><b>*Stay home with 1 or more of these COVID-19 symptoms</b></p> | <ul style="list-style-type: none"><li>• Nausea, vomiting, or diarrhea**</li><li>• Chills**</li><li>• Fever of 100.0 or higher**</li><li>• Muscle aches or body aches**</li><li>• Fatigue**</li><li>• Headache**</li><li>• Sore throat**</li><li>• Congestion or runny nose**</li></ul> <p><b>**Stay home with 2 or more of these COVID-19 symptoms</b></p> |

Symptoms of COVID-19 can be very similar to symptoms of seasonal allergies, other viral infections or the flu. This is why it is important you keep your child home from school when they have any of the symptoms listed above; no matter how mild they may seem to you (a person with COVID-19 is contagious 2 days before they start showing symptoms).

As the flu season approaches; it will become more difficult to separate flu symptoms from COVID-19. The only way to know is if your child gets tested. It is important that you have a plan in place of how your child will be taken care of outside the school or daycare setting for your child and family if they are sent home due to illness or are required to isolate/quarantine due to COVID-19.

**WHEN CAN MY CHILD RETURN TO SCHOOL?**

**24-48 Hour Rule**

It is always best to wait at least 24-48 hours after your child is feeling better before sending them back to school.

**Examples of the 24 hour rule for any illness are listed below:**

- 24-48 hours after symptoms start **OR** your child is seen by a healthcare provider and a note is provided to the school stating your child can return to school.
- Your child should not have a temperature of 100.0 or higher or chills for 24 hours (without the use of fever reducing medication) before returning to school.



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- Your child should not return to school until 24 hours after the last time he/she vomited or had diarrhea.
  - If a child is given antibiotics for an illness such as ear infection or strep throat, they should not return to school until at least 24 hours after the first dose of antibiotic.

**NOTE: Under certain circumstances; your child may be excluded longer based on further evaluation by the school nurse or investigation by public health.**

**After 24-48 Hour Rule**

If your child is not feeling better after 24-48 hours and they are still having symptoms of illness; **please do not send your child back to school until 1 of the 3 criteria have been met.**

1. Your child stays home for 10 days after symptoms started before returning to school. If siblings are sick, they also should stay home.  
**OR**
2. Have your child tested for COVID and stay home until results are in to determine when your child can return.  
**OR**
3. Call your healthcare provider for further guidance. If seen by a healthcare provider, a note will be required stating your child is okay to return to school.

**COVID-19 Rules**

COVID-19 has changed some of the rules for returning to school. Here are the COVID-19 rules.

- If your child has symptoms of COVID-19, please keep your child home. COVID-19 testing is encouraged.
- If your child is being tested for COVID-19, your child should remain home while waiting for results.
- If your child's COVID-19 test results are positive, your child should remain home for at least 10 days from when symptoms started to appear. After 10 days, follow the 24 hour rule above.
- If your child's COVID-19 test results are negative (your child **is not a close contact** to someone who tested positive) and the child has been diagnosed with another illness, follow the 24 hour rule above.
- If your child has COVID-19 symptoms as listed above, but is unable to be tested for COVID-19, please keep your child home for at least 10 days from when symptoms started. After 10 days follow the 24 hour rule.
- If your child **is a close contact** to someone who has tested positive for COVID-19, please keep them home for 14 days following their last contact with the person who tested positive. If a child develops symptoms during this time, please notify the health department.
- If someone in the household has tested positive for COVID-19, your child should not return to school until at least **14 days** (regardless of test results) **after** the person who tested positive **is released from isolation**. If your child develops symptoms during this time, please notify the health department.

NOTE: Please keep in mind that guidance can change frequently. What may apply today, may not be true for tomorrow. Guidelines in the school setting are stricter than for the general public. Each situation is different and decisions are made based upon the information the school knows at the time and after consultation with public health to determine the next steps the school needs to take.

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