

**UPDATED 5/15/2023**  
**COVID-19 GUIDELINES FOR FAMILIES**

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### **SECTION 1. SYMPTOM INFORMATION**

Please review the [symptom checker](#) to determine if your student is well enough to attend school. Please contact your PCP to discuss specific health concerns.

If your child has symptoms of COVID-19, have your child take a COVID test (at-home tests are accepted). If they have a pending COVID test, they must stay home until the results are known.

- If positive, your child should isolate and follow the guidelines in Section 2 below.
- If negative, your child should only return to school when they have an improvement in symptoms and fever free for 24 hours without the use of fever reducing medications. If your child comes to school, please have your child wear a mask indoors until their symptoms have fully resolved.

### **SECTION 2. IF YOUR CHILD TESTS POSITIVE FOR COVID-19**

Your child needs to **stay home** at least **5 days** from onset of symptoms **or** from the day the positive test was collected if there are no symptoms (first day of symptoms or positive test is counted as day zero). Your nurse will confirm your child's date of return.

Notify your [school nurse](#) about your child's positive test, complete the [attendance form](#), and follow the isolation guidelines in Section 3 below.

Your child can return to school on day 6 pending your child:

- has been fever free for at least **24 hours** without use of fever-reducing medications such as Tylenol & Motrin **AND**
- has an improvement in other symptoms (continued on next page)

Individuals whose symptoms have not improved or still have a fever should NOT return to school. Return to school should be based on how your child feels and symptom improvement.

**Your child should wear a mask indoors for 5 additional days, except when actively eating or drinking, through day 10.**

Siblings of a positive student can attend school as long as they are not showing any symptoms. They should wear a mask indoors, except when eating or drinking, for 10 days following exposure. If symptoms develop, keep your child home and administer a COVID-19 test.

Parents are responsible for notifying their child's teacher to make accommodations to access curriculum.

### **SECTION 3. ISOLATION GUIDELINES**

In addition to the information previously shared, your child should follow the guidelines below if they test positive for COVID-19.

Your child should **NOT**:

- leave home except to get medical care
- attend school, sports, religious or any other extracurricular activities outside your home
- have any contact with high risk individuals (such as grandparents, people with underlying health conditions)
- have any visitors to your house at this time
- share towels, bed sheets or blankets
- share eating or drinking utensils with anyone

Your child **should**:

- stay at least 6 feet away from other people in your house
- wear a mask in the presence of others
- wash their hands frequently with soap & water for at least 20 seconds
- cover their mouth and nose with a tissue or sleeve (not their hands) when coughing/sneezing, they should throw the tissue away immediately and then wash their hands for at least 20 seconds
- use a separate bedroom/bathroom, if possible

Parents/Guardians **should**:

- monitor symptoms and contact your PCP for guidance

- **call 911 immediately for emergent symptoms** including *trouble breathing, persistent pain or pressure in chest, new confusion, inability to wake, bluish lips or face.*
- clean surfaces that your child touches everyday with a household disinfectant
- wash your child's laundry separately from the laundry of others in the home
- not take public transportation, taxis, or ride-shares if your child has a doctor's appointment

Day 0 Is the date of the positive test/symptom/onset- whichever came first

Day 5 Isolate through this date

Day 6 May return to school **IF**:

Fever free for 24 hours without the use of fever reducing medications

Significant improvement in symptoms

Day 10 Wear a mask indoors at all times (except when eating or drinking) through

Day 10

#### Section 4. CLOSE CONTACTS

You are a close contact of a COVID-19 positive person if you were within 6 feet of them while indoors, for a cumulative total of 15 minutes over a 24 hour period, 2 days prior to symptom onset or 2 days prior to the positive test of the positive case. Please notify your child's teacher and nurse if they are a close contact.

Your child may attend school as long as they remain symptom-free, but **should wear a mask indoors, except when actively eating or drinking, for 10 days after exposure.** Diligently monitor your child for symptoms through day 10 after the exposure. If they develop symptoms, keep your child home, notify your child's school nurse, contact their primary care physician if needed, and test for COVID-19.

We recommend your child be tested for COVID-19 5 days after exposure (if they have not tested positive for COVID-19 within the last 90 days).

#### SECTION 5. TESTING RESOURCES

LPS accepts results from at-home rapid antigen tests and PCR/molecular tests. Contact your PCP to get tested or one of these [testing](#) sites in MA.