

SAU 23 2024/2025 Covid-19/Illness Guidelines

- If your student is ill with Covid/flu-like symptoms, please keep them home until symptoms start to improve.

- Fever (100.0 or above) 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

- Students with mild, cold-like symptoms will be able to remain at school.

- Students with highly disruptive cold symptoms, fever, vomiting and diarrhea will be sent home for symptom improvement.

- Students will be sent home at the discretion of the School Nurse or their designee.
- Students with vomiting/diarrhea will need to be symptom free for 24 hours prior to returning to school.
- Students with a fever will need to be out of school until they are fever free for 24 hours without the use of fever reducing medication.

- If your student tests **positive** for Covid-19, please follow the new respiratory virus guidelines from the CDC:

<https://www.cdc.gov/respiratory-viruses/prevention/precautions-when-sick.html>

- You can go back to your normal activities when, for at least 24 hours, **both** are true:
 - Your symptoms are getting better overall, **and**
 - You have not had a fever (and are not using fever-reducing medication).
- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.

(Updated 8/27/24)