

Check your child for signs of illness each morning.
Use the following guidance to better understand when to keep your child home from school.
If your child has specific symptoms or is diagnosed with a specific illness, please let your school know.

SCHOOL PHONE NUMBER/SICK LINE: _____

| IF HAVE COVID-19 SYMPTOMS/HAVE COVID-19 | NEXT STEPS: COVID-19 SYMPTOMS/HAVE COVID-19 |
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| <p>If your child has any of these symptoms that are <i>new</i> and <i>not due</i> to a health condition they already have, they need to stay home:</p> <ul style="list-style-type: none"> • 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 <p>OR</p> <ul style="list-style-type: none"> • They tested positive for COVID-19 | <ul style="list-style-type: none"> • If your child tests positive for COVID-19 or they have symptoms of COVID-19 but <i>do not get tested</i> for COVID: Keep your child at home for 5 days*. <ul style="list-style-type: none"> ○ If your child did test positive for COVID-19, tell your child’s school. ○ Your child can leave home and return to school after day 5* if their symptoms have improved (or no symptoms developed) and they have not had a fever for 24 hours. ○ They need to wear a well-fitted mask for 5 more days (in other words, through the end of day 10)*. <ul style="list-style-type: none"> ▪ If your child can’t wear a mask while around others, your child should stay home for 10 days* before leaving the house and going back to normal activities. • If your child tested negative for COVID-19, see table below; your child can return to school based on their main symptoms or illness. |
| IF EXPOSED TO COVID-19 | NEXT STEPS: EXPOSED TO COVID-19 |
| <p>If your child was exposed to someone contagious with COVID-19</p> | <ul style="list-style-type: none"> • Monitor your child for COVID-19 symptoms for 10 days*. • Have your child wear a well-fitted mask around others for 10 days* after exposure. • Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals. • If possible, get your child tested for COVID-19 5 days* after they were last exposed and at any time they have symptoms of COVID-19. |

*When counting days, day 0 is the day their symptoms started. Follow the same steps if your child tests positive for COVID-19 with no symptoms, counting day 0 as the date their test was done rather than from start of symptoms. For exposure, day 0 is the last day your child was around someone contagious with COVID-19.

General Symptoms: Child is sick due to another illness or tests negative for COVID-19

| GENERAL ILLNESS/SYMPTOMS | NEXT STEPS: WHEN TO RETURN TO SCHOOL |
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| Fever of 100.4° F or above | Fever has ended for at least 24 hours without use of fever-reducing medication such as acetaminophen (i.e., Tylenol) or ibuprofen (i.e., Motrin, Advil). |
| Vomiting (defined as vomiting two or more times within one day) | Vomiting has ended for at least 24 hours and child can hold down food and water (OR a healthcare provider has determined their vomiting is not infectious). If they were diagnosed with norovirus , then they should be 2 days (48 hours) without vomiting before returning. |
| Diarrhea (defined as two loose bowel movements in one day) | Diarrhea has ended for at least 24 hours (OR a healthcare provider has determined it is not infectious). If they were diagnosed with norovirus , then should be 2 days (48 hours) without diarrhea before returning. |
| Rash with fever | Any rash with fever should be checked by a health care provider. They can return once rash has a diagnosis and known to not be contagious, is being treated, or has healed. |
| Skin sores (if weeping or draining) | Can return if covered with a waterproof dressing and drainage is contained. |
| Impetigo, lice, ringworm, or scabies | After receiving at least one dose of proper treatment. |
| Fifth Disease | Child does not need to stay home if they feel well. |
| Hand, foot, and mouth disease | If none of the blisters on hands are draining or the drainage is contained, they can go to school. |
| Impetigo | After receiving at least one dose of treatment. Cover the lesions if possible. |
| Influenza | Fever has ended for at least 24 hours without use of fever-reducing medication. |
| Mononucleosis | Return when able to tolerate school activity; no sports until cleared by healthcare provider. |
| MRSA | Keep area covered and drainage contained, otherwise does not need to stay home. |
| Pink Eye | Child does not need to stay home if they feel well. |
| Strep throat/Scarlet Fever | At least 12 hours after the start of antibiotic treatment. |
| Monkeypox | Until the rash is gone and the scabs have fallen off, and a fresh layer of healthy skin has formed (or as directed by the health department). |