

COVID 101 for Parents and Students:

1. When do I keep my student home from school?

*IF your student is experiencing any COVID like symptoms, please keep them **and** siblings home. COVID like symptoms are fever, chills, cough, shortness of breath, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea. IF a family member within the household is testing for COVID, all students must stay home and quarantine until test results are in. IF a family member within the household is positive for COVID, all students must quarantine until released from the local health department before returning to school.*

2. What if my student has a history of symptoms that are also COVID like symptoms?

If your student often gets headaches, has a problem with nausea, vomiting, diarrhea and/or another COVID like symptom, please discuss this with your school nurse.

3. How do I know if my student is experiencing a COVID like symptom vs a common symptom of another illness?

This can be difficult to decide and we may need your healthcare provider to help with a diagnosis. The biggest thing to remember is that a NEW, sudden, onset symptom is concerning. If there is no reason to explain a new sudden symptom, we will advise seeking further medical attention and/or COVID testing.

4. What do I need to do for my student if he/she needs to test for COVID?

Please keep student and siblings home and inform the school. Students are able to return if a negative test result and symptoms have resolved. Parents must provide proof of negative test results either paper or electronically. If positive test, please inform school and the school nurse will contact you about return dates and what to do while on quarantine.

5. How is a decision made for a student to return to school when that student is sick with COVID like symptoms?

Decisions for students to return to school are based off of IDPH guidance. The newest guidance will be attached for you to review. Each situation can be unique but this IDPH guidance is able to help make appropriate decisions for our students. You will more than likely need to provide a doctor's note with alternative diagnosis or stay home for 10 days if no doctor's note is obtained to return.

6. My student was around someone who we found out is COVID positive, what do we do?

If you have a student who was exposed to a person who is COVID positive, your student will be considered a close contact and will need to quarantine. Close contact is defined as any person within 6 feet (mask or no mask) for 15 minutes or more over a 24 hour period. Close contacts must quarantine for 10 days.

7. Can my student get out of quarantine if they have a negative test result?

They are able to test out of quarantine after day 7 with a negative test result. The earliest day to test is day 6. You cannot get out of quarantine any earlier than day 8.

8. What is required for my student when they are able to return to school after quarantine?

Your student will need to have improvement of symptoms and must be fever free for 24 hours prior to returning to school. You will be asked to turn in a release letter from the local health department. If you were not contacted by the health department, you will be asked to turn in a parent note stating your student has finished their quarantine and has met the criteria of symptom improvement and fever free for 24 hours before returning. Please turn all letters into the front office of your child's school.

9. What if my place of employment requires me to do frequent COVID testing?

There are many places of employment that require weekly or bi-weekly testing. If you have a family member who does this, please let your school nurse know. These cases may be an exception to the rule since they are required tests and are not testing due to being symptomatic. Please remember if you are testing because you are symptomatic, all students must stay home until test results are in.

10. I have more COVID questions that were not discussed, who do I talk too?

Please seek out to your student's school to discuss with the school nurse for further medical guidance.