

# My Child is Sick, What Do I Do?

## Symptoms Associated with COVID-19 as Defined by the CDC:

**Symptoms** are considered consistent with COVID-19 when one class A symptom or two Class B symptoms listed below are present:

<u>Class A Symptoms</u> – ( <b>One</b> or more symptoms)	<u>Class B Symptoms</u> – ( <b>Two</b> or more symptoms)
<ul style="list-style-type: none"><li>• New cough</li><li>• Severe shortness of breath or difficulty breathing</li><li>• New loss of smell or taste</li></ul>	<ul style="list-style-type: none"><li>• Fever of 100°F or higher</li><li>• Excessive fatigue</li><li>• Headache</li><li>• Muscle or body aches</li><li>• Body chills</li><li>• Sore throat</li><li>• Congestion or runny nose</li><li>• Nausea or vomiting</li><li>• Diarrhea</li></ul>

\*If your child is NOT experiencing symptoms associated with COVID-19, they should remain home until symptoms have resolved and they have been fever free for greater than 24 hours without the use of fever reducing medications.

## Students Experiencing COVID-19 Symptoms Are Required to Stay Home Until Either:

- ❖ **They get a PCR test and have a negative result:** They can return to school when they are feeling better and have been fever free for more than 24 hours without the use of fever-reducing medication.
- ❖ **They get a PCR test and have a positive result:** They may not return for at least 10 days from symptom onset. The exact return date will be determined by a district COVID team member when the positive result is reported to the district COVID hotline.
- ❖ **They do not get tested:** They can return to school 10 days after symptom onset, only if they are feeling better and have been fever-free for 24 hours without fever-reducing medication.
- ❖ **They are diagnosed with an illness other than COVID by a healthcare provider:** They can return once they have completed the recommended initial treatment and have been fever free for more than 24 hours without the use of fever reducing medication (Example: Diagnosed with strep throat, can return after being on antibiotics for 24 hours).

## Steps for Parents/Guardians to Follow:

1. Call the school attendance line at 608-829-9050 and leave a message which includes your child's symptoms and what your follow-up plan will be (i.e. getting a PCR test or staying home for 10 days). *NOTE: To avoid extra phone calls, it's important that you leave detailed information on the attendance line.*
  - a. Health Services staff members will note the student is required to be out for 10 days (may return on the 11th day) unless a negative PCR test result is received allowing for an early return
2. *Optional, Get tested for COVID-19*
  - a. **Option 1:** Go to one of the district's free PCR testing locations (see testing sites and hours below). The PCR test result will be confidentially shared with MCPASD health services staff. If the test is negative, you do NOT need to call/send in proof. Health services staff will automatically note that the student is allowed to return when they are feeling better.

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- b. **Option 2:** Get a PCR COVID test at an alternative location (antigen tests are not accepted). If you receive a negative PCR test result, email a copy to the district's COVID hotline at [covid19@mcpasd.k12.wi.us](mailto:covid19@mcpasd.k12.wi.us). Health services staff will note that the student is allowed to return when they are feeling better.
3. Work with teachers regarding a learning plan/missing work during the absence.

**MCPASD COVID Hotline:**

Phone: 608-829-9018

Email: [covid19@mcpasd.k12.wi.us](mailto:covid19@mcpasd.k12.wi.us)