

Check your children for signs of illness each morning.

Use the following guidance to better understand when to keep your children 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
<p>If your child has any of these symptoms that are new and not due 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 test 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 do not get tested: Keep your child at home for 5 days*. If their symptoms have improved (or no symptoms developed), your child may leave home after day 5 and wear a well-fitted mask for 5 more days (in other words, ending after day 10)*. If your child can't wear a mask while around others, your child should stay home 10 days* before leaving the house and resuming activities. If your child tests positive for COVID-19: <ul style="list-style-type: none"> Tell your child's school. Tell your child's out of school close contacts. You can use www.tellyourcontacts.org to do this. If your child tests negative for COVID-19, see table below; your child can return to school based on their main symptoms.
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. Get your child tested for COVID-19 any time symptoms occur, and if they are NOT up to date on COVID-19 vaccine or have not had a diagnosed case of COVID-19 within the last 90 days, get them tested 3-5 days* after they were exposed.

*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.

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
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.