

# RETURNING TO SCHOOL AFTER COVID-19



## INFORMATION FOR PARENTS AND GUARDIANS

COVID-19 is still spreading in our communities—which means it is still a threat to your health. We care about you and your family’s health. So while the virus is still new, we worked with our state, local, and federal partners to give you the best information we have.

### WHAT ARE THE SYMPTOMS OF COVID-19?

- ✓ Fever (at least 100.4°F)
- ✓ 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

**i** As we learn more about the symptoms of COVID-19, we continue to update the list. For the most up-to-date list of symptoms, visit <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

### WHAT STEPS CAN I TAKE TO PREVENT MY CHILD FROM GETTING COVID-19?

You can talk with your child about taking everyday steps to prevent getting sick:

- 1 Help them wash their hands often.
- 2 Help them avoid close contact with people who are sick, even inside your own home.
- 3 Remind them to stay 6 feet apart from other people.
- 4 Cover mouth and nose with a cloth face cover when they are around others, if health is not a concern.
- 5 Teach your child to clean and disinfect frequently touched surfaces daily.
- 6 Help your child monitor their health—look for symptoms and take their temperature daily.

**i** For more detailed information about protecting your child from COVID-19 visit: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.

### HOW LONG DOES IT TAKE FOR SYMPTOMS TO START?



It can take up to 14 days for people with COVID-19 to start showing symptoms. Some people have very mild symptoms, some people become really sick, and some people with COVID-19 don’t have any symptoms at all.



## WHY DOES MY CHILD NEED TO STAY HOME?



Your child should stay home if they have symptoms of COVID-19, have been tested for COVID-19 (while waiting for results), or have been exposed to someone who tests positive for COVID-19. By keeping ill children, and children who have been exposed to COVID, away from others, we can stop the spread of the virus. It is possible for people who do not have symptoms to spread the virus to others.

## WHAT DOES ISOLATION AND QUARANTINE MEAN?

These are terms that public health scientists use to describe why someone needs to stay home. They are public safety tools that have been around for centuries to stop the spread of germs.

**Isolation** means keeping sick people away from healthy ones. This usually means that the sick person rests in their own bedroom or area of your home and keeps away from others as best as possible.

**Quarantine** means separating people who were exposed to a sick person away from others. Because someone can spread COVID-19 before they have symptoms, quarantine stops them from accidentally spreading the virus to other healthy people. Usually people who are in quarantine stay at home and avoid being around others.

## HOW DO I KNOW IF MY CHILD WAS AROUND SOMEONE WHO WAS SICK IN SCHOOL?

Your local public health department has a system to tell whether someone should stay at home. Local public health staff will call you if your child falls into that group.

## HOW LONG DOES MY CHILD NEED TO STAY HOME IF THEY TESTED POSITIVE OR A DOCTOR SAID THEY LIKELY HAVE COVID-19?

If your child has symptoms they should stay at home and away from others as much as possible until all three of the following have happened:

- 1 At least 10 days have passed since their symptoms started and;
- 2 When fever free for 72 hours without the use of any medications to lower fever; and
- 3 Their cough or breathing problems get better.

## WHAT IF MY CHILD TESTED POSITIVE FOR COVID-19, BUT DOESN'T SHOW SYMPTOMS?

They should stay home 10 days after the day they were tested and keep away from other people as much as possible. This is because even if they don't have symptoms, they can still spread the virus.



## WHAT IF MY CHILD BECOMES SICK BUT ISN'T TESTED FOR COVID-19?

They should stay home, in isolation, until they are feeling better and all the following have happened:

- 1 At least 10 days have passed since their symptoms started and;
- 2 When fever free for 72 hours without the use of any medications to lower fever; and
- 3 Their cough or breathing problems get better.

## WHAT IF MY CHILD BECOMES SICK BUT TESTS NEGATIVE FOR COVID-19?



They should stay home until they are feeling better and they have not had a fever for 24 hours without using any medication to reduce fever.

**Note:** In lieu of a negative test result, students may return to work with a medical note by a physician that provides an alternative explanation for symptoms and reason for not ordering COVID-19 testing.

## WHAT IS A "CLOSE CONTACT"?



**Casual contact** like passing someone in the grocery store is low risk for spreading COVID-19.

**Close contact with someone with COVID-19** makes you at higher risk for getting sick or spreading COVID-19. Examples of close contact are being within 6 feet of someone with COVID-19 for more than 10 minutes, sharing a drinking glass or eating utensil, physically touching the person or things that may have their germs on them like dirty tissues, or being coughed or sneezed on.

## WHAT IF MY CHILD CAME IN "CLOSE CONTACT" WITH SOMEONE WHO HAS COVID-19?

They should stay home for 14 days since the last time they were around that person to see if they develop symptoms. If they do get symptoms, then:



- 1 Call their doctor.
- 2 Ask to get tested.
- 3 Follow their instructions for staying home while you wait for the test results.

## IF THERE ARE OTHER CHILDREN IN OUR HOME WHO DO NOT HAVE SYMPTOMS, SHOULD THEY STAY HOME, TOO, OR CONTINUE COMING TO SCHOOL?

No, your other students may continue to go to work and school. If the child who was in close contact gets sick, then your other students should stay home.



## WHAT IF WE LIVE WITH SOMEONE WHO HAS COVID-19?

People who live together usually have close contact with each other. Everyone you live with should stay home until the all of following have happened:

**1.**  
The sick person gets better and the following -



- A. At least 10 days have passed since their symptoms started and;
- B. When fever free for 72 hours without the use of any medications to lower fever; and
- C. Their cough or breathing problems get better.



**2.** PLUS 14 days have passed since the sick person was better to see if other people in your home get symptoms.

## WHAT IF MY CHILD THAT HAD "CLOSE CONTACT" WITH SOMEONE WITH COVID-19 AND GETS SICK BUT ISN'T TESTED COVID-19?

Your student should stay home and away from others as much as possible until they get better and all the following have happened:

- 1 At least 10 days have passed since their symptoms started and;
- 2 When fever free for 72 hours without the use of any medications to lower fever; and
- 3 Their cough or breathing problems get better.
- 4 PLUS 14 days have passed since they were last around the person with COVID-19.

## HOW DO I TALK WITH MY CHILD ABOUT STAYING HOME FROM SCHOOL AND COVID-19?

Here are some tips for talking with children:

- Remain calm while talking.
- Let them know they are safe and it is okay to feel upset.
- Make yourself available to listen and to talk.
- Avoid language that might blame or stigmatize others.
- Pay attention to what children see or hear in the media.
- Provide truthful and developmental appropriate information.
- Talk about new actions that may be taken at school to help protect your students and staff.



Visit the National Association of School Psychologists for even more tips on talking with your children about COVID-19.

<https://www.nasponline.org/>



## WHAT LEARNING OPPORTUNITIES ARE THERE FOR MY CHILD WHILE THEY ARE STAYING HOME?

School has a plan in place to remote learning for children who need to be absent from school due to illness or potential exposure. The expectations of participation in alternative learning for students who are sick compared to asymptomatic students who have been sent home due to potential exposure will be clarified by your child's principal.



### WHAT IF WE DON'T HAVE WI-FI OR TECHNOLOGY?



Your schools will provide these devices so your child can access the Internet and remote learning opportunities.

### IF ALL OF MY CHILDREN NEED TO STAY HOME, HOW WILL ALL OF THEM HAVE ACCESS TO LEARNING OPPORTUNITIES WHILE HOME?

The school will work with you to offer remote learning opportunities appropriate for your children.

### WHAT IF I AM A HEALTH CARE PROVIDER AND WORK WITH COVID-19 POSITIVE PATIENTS—WHAT SHOULD MY STUDENT DO?

Your student may continue to attend school unless they develop symptoms. If they develop symptoms, keep them home and call their doctor.

### IF MY STUDENT STAYS HOME, I AM WORKING FROM HOME AND I CAN'T HELP WITH SCHOOLWORK AS I WILL BE BUSY WORKING—WHAT SHOULD I DO?

Your school will work with you to support your student's remote learning.

### WHERE CAN I FIND SUPPORT AROUND MENTAL OR BEHAVIORAL HEALTH?



Your child's school can offer support or direct you to resources in the area. Please reach out to your child's counselor or school principal and they will direct you from there.

