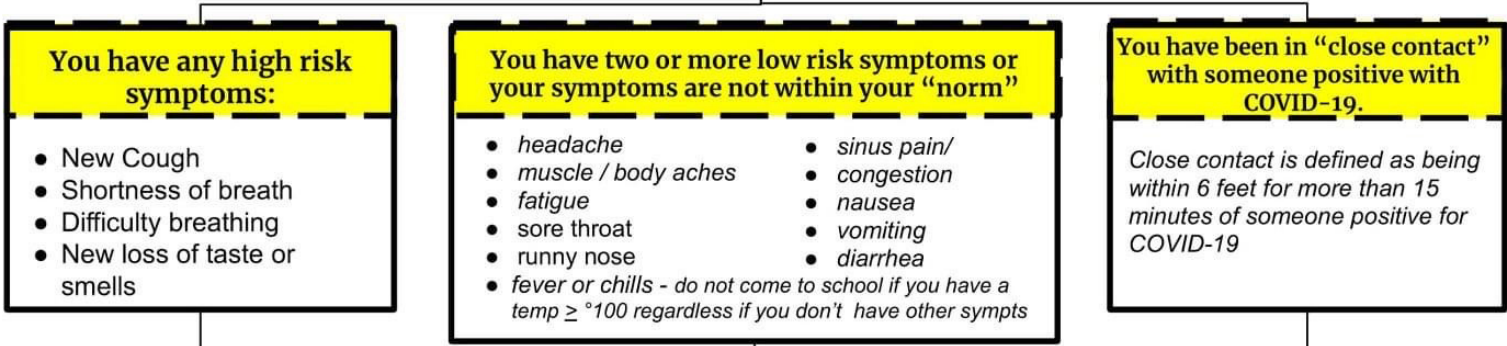


# When to Stay Home or Return Related To COVID-19

In general, students should stay home from school / activities when they are sick according to the [Sick Day Guidelines](#). Below summarizes guidance specifically related to COVID-19, based on guidance from IDPH regarding [Evaluating Sick Staff & Students](#).

Parents should evaluate their children's symptoms daily before coming to school/ activities. It's recommended to take your child's temperature at home before coming to school.

## Stay home when:



**Next Steps:**

- 1 Call the school secretary and report your symptoms and/ or exposure to COVID-19.
- 2 Call your healthcare provider or Public Health for guidance if you should be tested for COVID-19, and follow their guidance.
- 3 Use the [Self-screening Symptom Tracker](#) to track your symptoms. Take your temperature twice a day if you have been exposed.

Individuals previously diagnosed positive for COVID-19 within the past 12 weeks, and were exposed to a COVID-19 case, do not need to quarantine

Per IDPH, staff determined as critical personnel may be allowed to work in certain circumstances as long as they remain asymptomatic and wear a mask

## Return to School:

A school nurse or other designated school staff will contact you to discuss & determine appropriate return to school date.

Maintain physical distance (at least 6 feet) from others

**QUARANTINE**

A person who has had "close contact" with a person with COVID-19 must not return to school buildings or activities until the following criteria have been met.

- Stay home until 14 days after last exposure
- Check temperature twice a day, monitor for symptoms of COVID every day, use the [Self-symptom Tracker](#) to track symptoms
- If you become ill, contact your provider and/public health for guidance
- If tested, regardless of your test result, you have been exposed and still need to remain quarantined for 14 days. A negative result does not negate the need to quarantine.
- Wearing a face covering does not negate the need to quarantine.

**ISOLATION**

A person who has tested positive, waiting for test results or is symptomatic of COVID-19, must not return to school buildings or activities until the following criteria have been met.

- **No fever** for at least 24 hours without the use of medicine that reduces fevers
- Other **symptoms** have **improved** (i.e. when your cough or shortness of breath has improved)
- **At least 10 days** have passed since your symptoms first appeared.

Note: if you have symptoms of COVID-19, without known exposure, and your test is **NEGATIVE**, you may go back to daily activities 24 hours after your fever and other symptoms **RESOLVE** according to the [sick day guidelines](#)