

To: Parents/Guardians  
Fm: Judy Marvin, Building Principal  
Re: At home student safety checks/When to stay home

Parents are expected and required to conduct a daily self check with their children before sending them to school. The following questions need to be answered:

1. Do you feel sick with any symptoms consistent with COVID-19? (such as **a new** cough, shortness of breath, chills, muscle pain, sore throat, new loss of taste or smell)
2. Have you been around anyone who is unwell?
3. Have you been in close contact with a person who has COVID-19?
4. Within the past 24 hours, have you had a fever (100.4 and above) or used any fever reducing medicine?

**If the answer is yes to any of the questions, please keep your child home and contact the school. This information will be kept confidential and doesn't in any way imply your student is sick with COVID-19.**

**When to return to school:**

If you suspect your child has COVID-19 (monitoring symptoms at home) he/she may return to school

- At least 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving\*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation
- **OR** you have had a COVID test with a negative result
- Siblings and household members do not need to stay home unless they have a positive test.

If your child has a confirmed COVID-19 diagnosis

- Stay home at least 10 days since symptoms first appeared AND until no fever for at least 24 hours without medication AND improvement of other symptoms
- Siblings and household members also stay home for 10 days

If your child did not have COVID-19 and was sent home or kept home as a precautionary measure or due to an illness, he/she may return to school

- 24 hours with no fever without the use of fever-reducing medications.
- 24 hours symptom free without the use of medication.
- Well enough to participate in all activities.
- Siblings and household members do not need to stay home.

On return to school following an absence, students must be checked at the Health Office for a post-illness evaluation immediately upon arrival to school, before going to the classroom.

**Information is subject to change based on any new guidance received from the Maine CDC and Maine Department of Education. Information will be revised if/when this occurs.**