

Guidelines to Determine if Your Student Should Come to School

Consider keeping your child at home for a day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or persistent cough
- Mild sore throat (without fever or any other combination of symptoms)
- Headache, without any other symptoms
- Stomach ache, without nausea or vomiting

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever (greater than 100 degrees; your child may return to school only after his or her temperature has been consistently below 100 degrees, for a minimum of 24 hours without the use of fever-reducing medication)
- Vomiting (even once), within the past 24 hours
- Diarrhea
- Chills
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Difficulty breathing or shortness of breath
- Loss of taste and/or smell

If exposed to the COVID illness, students may come to school if they are not having any symptoms, regardless of their COVID vaccination status. Masking is recommended and be sure to monitor for symptoms through day 10.

If your student tested positive to COVID, they must remain at home for 5 days. Day 0 is the first day symptoms started or the test date, whichever came first. Students may return on Day 6 if symptoms are much improved and they have had no fever for the past 24 hours without the use of fever-reducing medication. Masking is recommended through Day 10.

Please inform your student's school nurse of any illness or COVID diagnosis.

