

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

SAYDEL CSD HEALTH SERVICES

In general, students should stay home from school / activities when they are sick. Below summarizes guidance specifically related to COVID-19, based on guidance from IDPH.

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:

### You have any high risk symptoms:

- New Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste or smells

### You have two or more low risk symptoms or your symptoms are not within your "norm"

- *headache*
- *muscle / body aches*
- *fatigue*
- *sore throat*
- *runny nose*
- *fever or chills - do not come to school if you have a temp  $\geq$  100 regardless if you don't have other sympts*
- *sinus pain/ congestion*
- *nausea*
- *vomiting*
- *diarrhea*

### You have been in "close contact" with someone positive with COVID-19.

Close contact is defined as being within 6 feet for more than 15 minutes of someone positive for COVID-19

### 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.

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.

## 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.
- If you become ill, contact your provider and/public health for guidance.
- 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**.