

# A Parent's Guide

When to stay home, get tested, and return.

**1** Check for any New/Unexplained\* Symptoms at home or in school



## SYMPTOMS

- Fever (100F) or chills
- Feels feverish
- Cough, shortness of breath
- Sore throat, nasal congestion, or runny nose

- Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste/smell
  - Nausea/vomiting
  - Diarrhea
- MIS-C symptoms:  
rash, neck pain  
bloodshot eyes  
abdominal pain

\* If student has a documented chronic condition that accounts for symptoms, they are not considered "new/unexplained."



If yes at home...  
**Isolate at home**

If yes at school...  
**Students will be dismissed**

**2** When to Return to School

Get COVID-19 Test

Positive Test	Negative Test	No Test
5 days after SYMPTOM onset **	24 hours of NO fever (without use of meds)	5 days after SYMPTOM onset
AND	AND	AND
24 hours of NO fever (without use of meds)	Symptoms have improved	24 hours of NO fever (without use of meds)
AND	AND	AND
Symptoms have improved		Symptoms have improved

## 5 Day Quarantine

\*\* if... (If fully vaccinated, no exclusion, should test 5 days after exposure and use a facemask for 10 days.)

- Exposed to household contact who is COVID-19 positive (10 days if can't isolate)
- Traveled outside the country or on a cruise ship
- If you test positive on day 5 of isolation, you must continue to isolate for a total of 10 days (retesting is not required to return)

**3**

Doctor's note indicating alternative diagnosis\*