

# 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."*

**3** 10-Day Quarantine \*\* if...

- Exposed to household contact who tested positive for COVID-19 and can't isolate
- Traveled outside of the country or on a cruise ship

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



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	
5 days after SYMPTOM onset	<b>AND</b>
24 hours of NO fever (without use of meds)	<b>AND</b>
Symptoms have improved	

Negative Test	
24 hours of NO fever (without use of meds)	<b>AND</b>
Symptoms have improved	

No Test	
5 days after SYMPTOM onset	<b>AND</b>
24 hours of NO fever (without use of meds)	<b>AND</b>
Symptoms have improved	<b>OR</b>
Doctor's note indicating alternative* diagnosis	