



## A Guide for Parents/Guardians on Illness and COVID-19 2021-22

### IF MY CHILD IS SICK. WHEN CAN THEY RETURN TO SCHOOL?

- SICK AND TESTS NEGATIVE FOR COVID-19:

If your child is sick and receives a negative **molecular** test for SARS-CoV-2, they may return after the following:

1. You provide your school site with proof of the negative molecular test **and**
2. 24 hours have passed fever free, without the use of fever reducing medication **and** symptoms have started improving.

- SICK AND DOES NOT TAKE A COVID-19 TEST:

If your child gets sick and you and your healthcare provider decides **not** to have them tested for COVID-19, they may return when:

1. At least 10 days from the date their symptoms first appeared (returning on the 11th day) **and**
2. 24 hours have passed fever free, without the use of fever reducing medication and symptoms have started improving **OR**
3. A healthcare provider has provided written documentation that the symptom(s) are typical of an underlying chronic condition (e.g., allergies or asthma)

- SICK AND/OR TESTS POSITIVE FOR COVID-19:

If your child tests positive for COVID-19, they may return when:

1. At least 10 days (returning on the 11th day) from the day their first symptom appeared or the date of the test, if asymptomatic **and**
2. 24 hours have passed fever free, without the use of fever reducing medication **and** symptoms have started improving.

### WHAT ACTIONS DO I NEED TO TAKE WHEN MY CHILD IS HOME SICK?

**Please notify your child's school when your child is home sick and/or if your child's test comes back positive. Families that have a sick child at home should do the following:**

- **Stay home:** Do not allow your child to leave your home, except to get medical care. If possible, separate from others in the household.
- **Take care:** Make sure your child rests and stays hydrated
- **Monitor their symptoms:** Symptoms may include: fever, new cough, nasal congestion or runny nose, difficulty breathing, new muscle ache/pain, extreme continuous fatigue, headache (that is not typical), sore throat, loss of taste or smell, nausea, vomiting or diarrhea. Contact your child's healthcare provider. **Call 911** for a medical emergency