



# A Guide for Families on Illness Symptoms and COVID-19

2021-22

IF MY CHILD IS EXHIBITING COVID-19, COLD OR FLU-LIKE SYMPTOMS,

WHEN CAN THEY RETURN TO SCHOOL?

For a list of symptoms, refer to page 2.

## **A. COVID-19, COLD and FLU-LIKE SYMPTOMS AND TESTS NEGATIVE FOR COVID-19:**

If your child is exhibiting cold or flu-like symptoms (see below for list) and receives a negative molecular test (PCR, NAAT) 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 **and**
3. Your child must check in with the front office upon returning to school to receive a hall pass to proceed to the classroom.

## **B. COVID-19, COLD and FLU-LIKE SYMPTOMS 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. You have provided written documentation from your child's healthcare provider that the symptom(s) your child is currently exhibiting are due to an underlying chronic condition (e.g., allergies or asthma)
4. Your child must check in with the front office upon returning to school to receive a hall pass to proceed to the classroom.

## **C. COVID-19, COLD and FLU-LIKE SYMPTOMS 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.
3. Your child must check in with the front office upon returning to school to receive a hall pass to proceed to the classroom.

## **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 has a pending or confirmed COVID-19 test. If the results came back positive, please see C above. 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.

If you have questions, please contact your school site office.



## 2021-22 Daily Student Symptom and Exposure Protocol

### **COLD and/or FLU-LIKE SYMPTOMS**

- A fever of 100 degrees F or greater
- New cough, nasal congestion or runny nose
  - Difficulty breathing
  - New muscle ache or pain
  - Extreme continuous fatigue
  - Headache (that is not typical)
    - Sore throat
  - New loss of taste or smell
  - Nausea, vomiting or diarrhea

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On the first day of return for your children, your children must stop in the front office with a digital or hard copy of the negative COVID-19 test result.

[Click here to access the nearest San Diego County Testing Sites](#) which typically provides results in 24-48 hrs.