

**Check your children for signs of illness each morning.**  
**Use the following guidance to better understand when to keep your children home from school.**  
**If your child has specific symptoms or is diagnosed with a specific illness, please let your school know.**

| IF YOUR CHILD HAS COVID-19 SYMPTOMS/HAVE COVID-19   | NEXT STEPS: COVID-19 SYMPTOMS/HAVE COVID-19  |
|---|--|
| <p>If your child has any of these symptoms that are new and not due to a health condition they already have, they need to stay home:</p> <ul style="list-style-type: none"> <li>• Fever or chills</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fatigue</li> <li>• Muscle or body aches</li> <li>• Headache</li> <li>• New loss of taste or smell</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>• They test positive for COVID-19</li> </ul> | <ul style="list-style-type: none"> <li>• If your child tests positive for COVID-19 or they have symptoms of COVID-19 but do not get tested: Keep your child at home for 5 days*.</li> <li>• If their symptoms have improved (or no symptoms developed), your child may leave home after day 5 and wear a well-fitted mask for 5 more days (in other words, ending after day 10)*.</li> <li>• If your child can't wear a mask while around others, your child should stay home 10 days* before leaving the house and resuming activities.</li> <li>• If your child tests positive for COVID-19: <ul style="list-style-type: none"> <li>○ Tell your child's of school.</li> <li>○ Tell your child's out of school close contacts. You can use <a href="http://www.tellyourcontacts.org">www.tellyourcontacts.org</a> to do this.</li> </ul> </li> <li>• If your child tests negative for COVID-19, see table below; your child can return to school based on their main symptoms.</li> </ul> |
| IF EXPOSED TO COVID-19  | NEXT STEPS: EXPOSED TO COVID-19  |
| <p>If your child was exposed to someone contagious with COVID-19</p>  | <ul style="list-style-type: none"> <li>• Monitor your child for COVID-19 symptoms for 10 days*.</li> <li>• Have your child wear a well-fitted mask around others for 10 days* after exposure.</li> <li>• Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.</li> <li>• Get your child tested for COVID-19 any time symptoms occur, and if they are NOT <a href="#">up to date on COVID-19 vaccine</a> or have not had a diagnosed case of COVID-19 within the last 90 days, get them tested 3-5 days* after they were exposed.</li> </ul>  |

\*When counting days, day 0 is the day their symptoms started. Follow the same steps if your child tests positive for COVID-19 with no symptoms, counting day 0 as the date their test was done rather than from start of symptoms.

## General Symptoms: Child is sick due to another illness or tests negative for COVID-19

| GENERAL ILLNESS/SYMPTOMS   | NEXT STEPS: WHEN TO RETURN TO SCHOOL  |
|--|---|
| <b>Fever of 100.4° F or above</b>                                      | Fever has ended for at least 24 hours without use of fever-reducing medication such as acetaminophen (i.e., Tylenol) or ibuprofen (i.e., Motrin, Advil).  |
| <b>Vomiting (defined as vomiting two or more times within one day)</b> | Vomiting has ended for at least 24 hours and child can hold down food and water (OR a healthcare provider has determined their vomiting is not infectious). If they were diagnosed with <b>norovirus</b> , then they should be 2 days (48 hours) without vomiting before returning. |
| <b>Diarrhea (defined as two loose bowel movements in one day)</b>      | Diarrhea has ended for at least 24 hours (OR a healthcare provider has determined it is not infectious). If they were diagnosed with <b>norovirus</b> , then should be 2 days (48 hours) without diarrhea before returning.   |
| <b>Rash with fever</b>   | Any rash with fever should be checked by a health care provider. They can return once rash has a diagnosis and known to not be contagious, is being treated, or has healed.   |
| <b>Skin sores (if weeping or draining)</b>                             | Can return if covered with a waterproof dressing and drainage is contained.   |
| <b>Impetigo, lice, ringworm, or scabies</b>                            | After receiving at least one dose of proper treatment.  |
| <b>Fifth Disease</b>   | Child does not need to stay home if they feel well.   |
| <b>Hand, foot, and mouth disease</b>                                   | If none of the blisters on hands are draining or the drainage is contained, they can go to school.  |
| <b>Impetigo</b>  | After receiving at least one dose of treatment. Cover the lesions if possible.  |
| <b>Influenza</b>   | Fever has ended for at least 24 hours without use of fever-reducing medication.   |
| <b>Mononucleosis</b>   | Return when able to tolerate school activity; no sports until cleared by healthcare provider.   |
| <b>MRSA</b>  | Keep area covered and drainage contained, otherwise does not need to stay home.   |
| <b>Pink Eye</b>  | Child does not need to stay home if they feel well.   |
| <b>Strep throat/Scarlet Fever</b>                                      | At least 12 hours after the start of antibiotic treatment.  |