

My child has been told to stay home due to Covid 19. Now what?

ISOLATION

1. **Your student has been diagnosed with COVID-19**
2. **Your student is waiting for their test result**
3. **Your student has symptoms of COVID-19 but has not been tested or exposed.**

- **Isolate Your Student from Others**
- **Contact your student's healthcare provider to receive further direction and/or consider getting your student tested if you haven't yet.**
- **Contact the school to let them know.**

Stay home until ALL these conditions are met:

1. **No fever for at least 24* hours without fever reducing medicine.**
2. **Symptoms have improved.**
3. **At least 10 days have passed since your symptoms first appeared.**

Keep your student in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

If your student has symptoms of COVID-19, *without* a known exposure, and they receive an alternate diagnosis by a healthcare provider and/or their COVID-19 test is *negative*, you may go back to daily activities **24 hours after** student's fever and other symptoms resolve. Documentation of an alternate diagnosis and/or negative test would need to be provided to the school upon return.

Understanding the Difference: Isolation vs. Quarantine

Isolation separates sick people with a contagious disease from people who are not sick. The isolation period for COVID-19 is a minimum of 10 days following the onset of symptoms or a positive COVID-19 test result.

Quarantine separates people who were exposed to a contagious disease to see if they become sick. The quarantine period for COVID-19 is 14 days that begins the last day of exposure to a positive case. If symptoms develop, or the individual test positive during the quarantine period, he/she will re-start the clock for a 10-day isolation period.

Must speak with the school nurse before student returns to school and proper documentation will be required upon entry.