

Illness Instruction

Symptoms of COVID 19 could include feeling feverish or a measured temperature greater than or equal to *100.0 degrees, loss of taste or smell, cough, difficulty breathing, shortness of breath, chills, sore throat, shaking or exaggerated shivering, significant muscle pain or ache, diarrhea.*

If you observe the symptoms below immediately contact your medical provider.

Emergency warning signs*: Trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face. **This list is not all-inclusive.** *Please consult your medical provider for any other symptoms that are severe or concerning. Your provider may want to discuss testing or other concerns with you.*

If you are able to manage your student's symptoms at home, you may return your student to school when the following are true:

1. Your medical provider has determined a different illness than COVID 19 and cleared your student to return with a provider note. (OR)
2. You have at least 2 negative test 24 hours apart for COVID 19 and no symptoms.(OR)
3. At least 10 days have passed from the first clinical diagnosis symptoms. (AND)
4. At least 72 hours fever free **without** fever reducing medication.(AND)
5. When symptoms are improving or are completely gone.

Any siblings living in the household of the sick student may not return for 14 days after the last day they were in contact with the ill child. You should try to isolate the sick student from well family members while at home.