

# WHEN TO STAY HOME

## COVID-19 SYMPTOMS

Symptoms are considered consistent with COVID-19 when one of the symptoms from the first group or two of the other symptoms are present above baseline for that individual. Please keep your child home from school if they are experiencing one or more of the first set of symptoms or two or more of the second set of symptoms.

One or more of these symptoms:

- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Fever

two or more of these symptoms:

- Congestion or runny nose
- Fever or chills
- Nausea or vomiting
- Diarrhea
- Headache
- Fatigue
- Muscle or body aches
- Sore throat

A full list of quarantine and isolation in the "**COVID-19 Response Protocol for Staff or Student Exposure & Return to Work, Appendix B**"

## STUDENTS AND STAFF CAN RETURN WHEN:

COVID-19 SYMPTOMS	REQUIREMENTS TO RETURN
Positive COVID-19 Case (with symptoms) <b>OR</b> Unconfirmed Case (with symptoms)	<ul style="list-style-type: none"><li>• At least 24 hours fever free without fever-reducing medication, improvement in respiratory symptoms (cough, shortness of breath) <b>and</b> at least 10 days have passed since symptoms first appeared.</li></ul>
Positive COVID-19 Case (without symptoms)	<ul style="list-style-type: none"><li>• After 24 hours symptom free, two negative test results in a row, from tests done at least 24 hours apart; <b>OR</b></li><li>• At least 10 days have passed since the date of the positive test and no subsequent symptoms have developed.</li></ul>
Self-Quarantine due to potential exposure	<ul style="list-style-type: none"><li>• Quarantine for 10 days with no symptoms OR after day 7 with a negative test result (test must occur on day 5 or later). Continue to monitor for any symptoms until 14 days after exposure.</li><li>• Fully vaccinated individuals do not need to quarantine unless they show symptoms.</li><li>• People who have tested positive in the last 3 months do not need to quarantine or get tested again as long as they do not develop new symptoms.</li></ul>

If a student or staff is sick but confirmed COVID-19 negative, they may return to school when they are fever free for 24 hours and are well enough to participate fully in activities.