

Return to School Guidelines for COVID-19-like illness

Today's Date: _____

Student Name: _____ School: _____

Individuals with COVID-19 can experience a wide range of signs and symptoms that may vary from very mild to severe. Symptoms may appear **2-14 days** after exposure to the virus. Students experiencing COVID-19-like illness must be excluded from school.

Your child has presented with the following symptoms:

<input type="checkbox"/> Fever (100.4 or greater) or chills	<input type="checkbox"/> Cough
<input type="checkbox"/> Nausea	<input type="checkbox"/> Sore Throat
<input type="checkbox"/> Vomiting	<input type="checkbox"/> Difficulty breathing/shortness of breath
<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Muscle or body aches
<input type="checkbox"/> Nasal congestion/runny nose	<input type="checkbox"/> Fatigue
<input type="checkbox"/> New loss of taste/smell	<input type="checkbox"/> Headache

***This list does not include all possible symptoms

According to CDC guidance, your student will need to stay home for:

- At least **10 DAYS** from onset of symptoms
- **AND** at least 24 hours fever-free without the use of fever reducing medication (such as tylenol or ibuprofen)
- **AND** improving symptoms, such as cough and shortness of breath

Students may return in fewer than ten days after meeting one of these conditions:

- Your medical provider has determined a different illness than COVID-19 and cleared your student to return, **OR**
- Your student has documentation of a negative nasal swab COVID-19 test and cleared your student to return. **WE CANNOT ACCEPT AN ANTIBODY BLOOD TEST**

The earliest date we would expect your student to return without medical documentation is:

Nurse: _____

When to seek emergency medical attention

Look for emergency warning signs* for COVID-19.

If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*This list does not include all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.