

Health

Many children and parents are concerned about when children should stay home or attend school. Please see below for additional considerations due to the COVID-19 pandemic, as well as a general symptom checklist.

If your child has any of the symptoms on either checklist, they should not attend school in person. If medicine is needed to feel well enough to attend school, your child should remain home until no medicine is needed. They can return when they no longer feel ill; they can do their daily routine just as they did before they were ill, and any remaining symptoms, such as a cough or runny nose, are very mild or infrequent.

When you report your child's absence, please report symptoms and/or diagnosis if known so that teachers and staff can be alerted for signs of illness in other students.

COVID-19 Symptom Checklist

If your child exhibits any of the symptoms below, they should stay at home and consider testing for COVID-19. Testing is especially important if there was any known exposure to a positive case.

1. If medicine is needed to feel well enough to attend school, please remain home until no medicine is needed.
2. Students must remain home for 24 hours minimum after fever, vomiting, or diarrhea.

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| ❖ Fever (100 or more) | ❖ Cough |
| ❖ Difficulty breathing | ❖ Runny nose or congestion |
| ❖ Loss of taste or smell | ❖ Sore throat |
| ❖ Muscle pain | ❖ Headache |
| ❖ Nausea, diarrhea, or vomiting | ❖ Fatigue |
| ❖ Chills | |

1. They have no symptoms or improved² symptoms which are mild,
2. They are able to wear a well-fitted face mask consistently (other than when eating) on Days 6-10

¹All positive cases will be reported to MDH, as required by regulation

²Improved symptoms means that a person no longer feels ill; they can do their daily routine just as they did before they were ill, and any remaining symptoms, such as a cough or runny nose, are very mild, or infrequent.

Note: Day 0 is the first day of symptoms/the date of the positive viral test if no symptoms are present. Day 1 is the first full day after symptoms started/the date the test was taken (if no symptoms)

General Symptom Checklist

- ❖ **Fever:** A fever of 100 or more signals an illness that is probably going to make a student uncomfortable and unable to function well in class. Your child should stay home for 24 hours once they are fever-free without the use of fever-reducing medications.
- ❖ **Vomiting, Diarrhea, or Severe Nausea:** These are symptoms that require a student to remain at home until a normal diet is tolerated the night before and the morning of school, and no symptoms are present for 24 hours.
- ❖ **Infectious Diseases:** Diseases such as impetigo, pink eye with thick drainage, and strep throat require a doctor's examination and prescription for medication. Once medication has been started, and the child is feeling well, they may return to school 24 hours after medication has been administered.
- ❖ **Chicken Pox:** Students with chicken pox may return to school when all the scabs are completely dried, and no new lesions are developing (usually 5-7 days).
- ❖ **Rashes:** Rashes or patches of broken, itchy skin needs to be examined by a doctor if they appear to be spreading or not improving.

What happens if my child develops symptoms while at school?

Children who become ill during the day will be referred to office staff. Children who exhibit any signs on the COVID-19 Symptom Checklist or General Symptom Checklist will be sent home.

If it is determined that a child needs to go home, parents will be asked to pick up their child from school as soon as possible. Parents or designated drivers must sign out their child in the school office before leaving the building. If someone other than the parent is picking up the child, parental permission is required to release the child. The responsible person must show identifying information, including name, address, and telephone number. Proper Identification may be requested for individuals not recognized by office staff.

If a child experiences a fall, bump, blow, or jolt to the head or displays signs/symptoms of a concussion during the school day, the potential for a concussion will be reported to the office, the parent/caregiver will be contacted, and the child will be kept out of play on the day of the injury.