

Covid-19 Guidance

What are the symptoms of Covid-19?

- *Fever 100.4 or greater
- *Cough
- *New loss of taste or smell
- *Fatigue/Tired
- *Short of breath
- *Nausea/Vomiting
- *Muscle or body ache
- *Chills
- *Headache
- *Sore Throat
- *Congestion/Runny Nose
- *Difficulty Breathing
- *Diarrhea
- *Rash

As we learn more about the symptoms of Covid-19 we will continue to update the list. For the most up to date list visit:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

How long does it take for symptoms to start?

It can take up to 14 days for people with Covid-19 to start showing symptoms. Infection with Covid-19 can range from no symptoms, to mild symptoms to severe illness requiring hospitalization.

How do I know if my student was around someone who was sick?

The local county Public Health Department has a system to tell whether someone should stay home. The Public Health Department will call and give you instructions if your student falls into that group.

What is a “Close/Direct Contact”?

Close contact- is defined as being within 6 feet of someone for at least 15 minutes. Being in close contact with someone who is positive for Covid-19 puts you at a higher risk of getting Covid-19. Other examples of close contact include sharing the same drinking glass or straw, sharing the same eating utensil, touching the person (hugging or kissing) or things that may have that person's germs on them, like a dirty tissue, or the person coughing or sneezing on you.

Casual/Indirect contact- is defined as passing by someone briefly. A casual contact puts you at a lower risk of getting Covid-19

What does isolation and quarantine mean?

These are terms that public health experts use to describe why someone needs to stay home. They are public safety tools that have been around for centuries to stop the spread of germs.

Isolation means keeping someone who is sick or tested positive for Covid-19 without symptoms away from others, even in their own home. This may include staying in one room or floor of the house away from the other members.

Quarantine means separating people who were exposed to a sick person away from others. Because someone can spread Covid-19 before they have symptoms, quarantine stops them from accidentally spreading the virus to other healthy people. Usually people who are in quarantine stay at home and avoid being around others.

School & Illness

When will my student be sent home or need to stay home?

If your student has been deemed a close/direct contact of someone with Covid-19 they will need to self-isolate for 14 days regardless of symptoms.

If your student exhibits **one** of the following they will be required to go home:

Fever of 100.0 or greater	Cough
Shortness of breath	Vomiting
Difficulty breathing	Diarrhea
Loss of sense of taste or smell	

If your student has **2 or more** of the following symptoms or any of the above they will be required to go home:

Sore Throat	Fatigue
Headache	Chills
Muscle aches	Congestion/Runny Nose
Nausea	

When can my student return to school?

Negative Test for Covid-19-

~Not been in close/direct contact with a confirmed case of Covid-19

*Must be symptom free for 24 hours without the use of medication.

~Close/direct contact-14 days after last exposure to contact

Tested Positive or awaiting results-

~Stay home until the results are known and their symptoms have resolved

*See below for specific guidelines for a positive case

Not Tested:

~Not direct/close contact

*Stay home until they are symptom free for 24 hours without the use of medication.

How long does my student need to stay home if they test positive OR a doctor says they likely have Covid-19?

If your student has symptoms they should stay at home and away from others as much as possible until **all three** of these criteria have been met:

1. At least 10 days have passed since their symptoms started
2. They haven't had a fever (100.0 F or greater) in at least 24 hours without using any medications to lower fever
3. All of their respiratory symptoms have improved or resolved

Why does my student need to stay home?

By keeping ill students and students who have been exposed to Covid-19 or sick with any other illness away from others, we can stop the spread of the virus and keep our schools healthy. It is possible for people who do not have symptoms to spread the virus to others.

What If.....

What if my student came in “close/direct contact” with someone who tested positive for Covid-19?

If both the infected person and the close contact were wearing face masks consistently and correctly the infected person must isolate. The current guidance states the close contact does not have to be quarantined but **MUST** self-monitor for symptoms, including temperature twice a day, over the next 14 days. During this time the close contact should wear a mask at all times when outside the home, except when eating and drinking and social distance from others whenever possible.

What if my student who is self-monitoring develops symptoms of Covid-19?

If symptoms develop:

1. **STAY HOME**
2. Call their school nurse
3. Consider Covid-19 testing
 - a. If testing is not done, the student must stay home for 10 days from symptom onset

What if we live with someone who tests positive for Covid-19?

People who live together usually have close contact with each other. Public Health will offer guidance for you and your family based on your specific case. In general, if possible, the positive individual should isolate away from the rest of the family. Everyone you live with should quarantine at home until all of the following have happened:

1. The sick person gets better (All 3 criteria must be met)
 - a. At least 10 days have passed since their symptoms started
 - b. They haven't had a fever (100.0 F or greater) in at least 24 hours without the use of medication to reduce fever
 - c. Their respiratory symptoms have improved or resolved
2. **PLUS** 14 days have passed since the sick person was better to ensure that the other people in your house do not get symptoms.

What if my student that had “close/direct contact” with someone with Covid-19 gets sick but isn’t tested for Covid-19?

Your student should be considered positive and be treated as such. They should stay home in isolation until they get better and all of the following criteria have been met:

1. At least 10 days have passed since their symptoms started
2. They have not had a fever (100.0 F or higher) for at least 24 hours without the use of medication to lower the fever
3. Their respiratory symptoms have improved or resolved

What if I am a health care provider and work with Covid-19 positive patients-what should my student do?

Your student may continue to attend school unless they develop symptoms. If they develop symptoms, keep them home and call their doctor.

What if I can not take 14 days off to stay home with my student?

It is important to develop a plan now, much like you would for school closures, delays or other student illnesses that require staying home. Public Health may also be able to assist with this issue.

What if my student becomes sick, has not been in close/direct contact with someone with Covid-19?

They should stay home until their symptoms have resolved. They must also be fever free for at least 24 hours without the use of any medications to lower the fever. It is recommended your child see a doctor if they are exhibiting Covid-19 symptoms. If they visit a doctor and they diagnose your student with something other than Covid-19 (such as influenza or strep throat) then you should do all of the following:

1. Follow your Doctor’s guidelines
2. When your student does return to school, bring a doctor’s note with them

Education

What learning opportunities are available for my student while they are staying home?

Your student's school will be in contact with you to ensure your child's needs are met. The expectations of participation in alternative learning for students who are sick compared to asymptomatic students who have been sent home due to potential exposure will be clarified.

What if I don't have Wi-Fi or technology?

The school will help those in need of technology assistance to ensure your student may continue to learn while at home.

If you have any questions about Covid-19 or any other concerns you can call 211. They can answer questions concerning mental health, food, diseases and many, many other topics.