

## **COVID-19 Help Sheet for Families**

As of 1/4/2022

- ❖ Students, staff and families follow guidance related to COVID-19 from their healthcare providers or the Department of Public Health.
- ❖ Please do NOT send your child to school if he/she has any symptoms of COVID-19. Symptoms include any of the following:
  - fever,
  - chills,
  - cough,
  - shortness of breath,
  - fatigue, muscle or body aches,
  - headache,
  - sore throat,
  - congestion or runny nose,
  - nausea,
  - vomiting,
  - diarrhea
  - new loss of taste or smell.

- ❖ **What if my child is being tested?** If your child is being tested for COVID-19, he/she must remain home until the test results are received.

- ❖ **What do I do if my child receives a positive test?**

- If your child tests positive, immediately advise your child's school administration or school nurse. The DPH will provide you with a return to school date for your child.
- Positive students must stay home for at least 5 days from the first day that symptoms were present. Students may return on day 6 if fever free for 24 hours and experience a reduction in symptoms. The last 24 hours must be fever free without the use of medications. Students are encouraged to wear a well-fitting mask until day 10. Positive household members should stay in a separate room away from others within their home.

- ❖ **What do I do if I get a direct exposure notification from the school?**

- If your child has had a direct exposure at school, parents will receive an email messenger advising of the direct exposure (6 feet/15 cumulative minutes) and outlining choices for their child to return to school.
- If your child remains without symptoms after the exposure, you may select one of the choices below unless otherwise directed by a healthcare provider or Department of Public Health.

**Choice #1**

- Allow your child to continue attending school:
- Child must remain without symptoms
- Parent/child must monitor for symptoms daily for a full 10-day period following his/her exposure date

- Child needs to stay home immediately if anyone symptom appears, notify your child's school nurse and follow up with your child's healthcare provider
- You do NOT need to advise your child's school if this is the option that you choose.

### **Choice #2**

- Elect to quarantine your child:
  - Quarantine your child for up to 10 days
  - If you choose to test your child, it is recommended that you test on day 5 or later from his/her exposure date.
  - Please keep your child home until the test results are received.
  - If your child does test positive, then advise your child's school nurse.
  - Students will have access to their materials/assignments through Schoology. Students that actively participate during a self-quarantine will be counted present.
  - Notify your child's school that you are choosing this option and when your child will return to school.
- ❖ If your child presents with any symptoms of COVID-19 within a 14-day period following his/her exposure date, then your child must stay home immediately regardless of vaccine status. Please contact your child's school nurse and follow up with your child's health care provider for further guidance.