

INFORMATION FOR PARENTS AND GUARDIANS

What are the symptoms of Covid-19?

- Fever (at least 100.0°F)
- Chills
- Cough
- Shortness of Breath or difficulty breathing
- Fatigue
- Muscle or Body Aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Rash

What steps can I take to prevent my student from getting COVID-19?

You can talk with your student about taking precautions everyday to prevent getting sick.

- Wash hands often
- Avoid close contact with someone else who is sick
- Stay 6ft apart
- Cover their nose and mouth with a mask or face covering when they are around others
- Help them monitor their own health and to notify someone if they are not feeling well
 - Vaccinate when age appropriate

How long does it take symptoms to start?

It can take up to 14 days for someone with COVID-19 to start to show symptoms. Some people do not have any symptoms, some people have mild symptoms and some people can become really sick.

Why does my student need to stay home?

Your student should stay home if they have symptoms of COVID-19, have been tested for COVID-19 (while waiting for results) or have been exposed to someone who tests positive for COVID-19.

Keeping sick students and anyone who has been exposed to COVID-19 away from other people can help stop the spread of the virus. It is also possible for people who do not have symptoms to spread the virus to other people.

What does isolation and quarantine mean?

These are both terms that public health scientists use to describe why someone needs to stay home.

Isolation: Isolation means keeping sick people away from healthy people. This means that the sick person rests at home in their bedroom or an area of the home that is away from other people living in the home.

Quarantine: Quarantine means separating the sick person from healthy people. This means that the sick person would need to stay away from other people, even those in their own home.

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

The local Health Department has a contact tracing system that will notify you if you have potentially been exposed and need to stay home.

How long does my student have to stay home if they have tested positive or the doctor thinks that they may have COVID-19.

If your student has symptoms then they should stay home and away from other people as much as possible until all three of the following has occurred:

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| <ol style="list-style-type: none">1. At least 10 days have passed since their symptoms have started and2. They have not had a fever of 100.0°F or greater in at least 72 hours without using any medication to lower the fever and3. Their cough and breathing has improved. |
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What if my student tested positive for COVID-10 but doesn't have any symptoms?

The student should stay home for 10 days after the day they were tested and stay away from others as much as possible. Even without symptoms, they can still spread the virus.

What if my student becomes sick but does not get tested for COVID-19.

They will need to get a note from their Doctor stating that they can return to school and they should stay home until all three of the following has occurred:

	1. At least 10 days have passed since their symptoms have started and 2. They have not had a fever of 100.0°F or greater in at least 72 hours without using any medication to lower the fever and 3. Their cough and breathing has improved.
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What if my student becomes sick and tests negative for COVID-19?

They will need to get a note from their Doctor stating that they have tested negative and that they can return to school and:

They should stay home until they are feeling better and they have not had a fever for 24 hours without using any medication to reduce fever.

What is “Close Contact”?

Casual contact is passing another person in the grocery store, which poses low risk for spreading the virus.

Close contact with someone with COVID-19 makes you at higher risk for getting or spreading the virus. Close contact is coming within 6 feet of someone with for virus for more than 15 minutes, sharing a drinking glass or utensil with them, physically touching the person or things that may have germs on them like dirty tissues, or being coughed on or sneezed on.

What if my student came in “close contact with someone who has

COVID-19? They should:

	<ol style="list-style-type: none"> 1. Stay home for 10 days since the last time they were around that person to see if they develop any symptoms. 2. Call their Doctor. 3. Get tested. 4. Follow the Doctor’s instructions for staying home while they wait for test results.
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If there are other children in our home, who do not have symptoms should they stay home or continue to attend school?

Your other students may continue to go to school. If the child who was in close contact gets sick, then your other students should stay home.

What if we live with someone who has COVID-19?

People who live together are considered to be in close contact with each other. Therefore, everyone you live with should stay home until all of the following have happened:

	1. The sick person gets better:
	<ol style="list-style-type: none"> a. At least 10 days have passed since their symptoms have started and b. They have not had a fever (100.00F or greater) in at least 72 hours without using fever reducing medication. c. Their cough and breathing has improved.
<p>PLUS: 14 days have passed since the sick person was better to see if anyone else in the home develops symptoms.</p> <p>What if my student has had close contact with someone who tests positive for COVID-19 and gets sick but does not get tested.</p> <p>They should stay home and away from others as much as they can.</p> <p>They will need to get a note from their Doctor stating that they can return to school and they should stay home until all three of the following has occurred:</p>	
	<ol style="list-style-type: none"> 1. At least 10 days have passed since their symptoms have started and 2. They have not had a fever of 100.0°F or greater in at least 72 hours without using any medication to lower the fever and 3. Their cough and breathing has improved.

PLUS: 10 days have passed since they were last around the person with COVID-19.
