



Prevent the Spread of Infectious Diseases

Feeling ill? Stay home when feeling sick.



<u>Signs & Symptoms of Illness</u>	<u>Helpful Hints</u>	<u>When to Return to School</u>
<p>COVID-19 Symptoms</p> <ul style="list-style-type: none"> • Fever and/or Chills • Cough (Unknown cause, not related to asthma or previous respiratory illness, etc.) • Sore throat • Difficulty breathing • Runny nose or Nasal congestion (Unknown cause, not related to allergies or chronic sinus congestion, etc.) • Diarrhea • Nausea/Vomiting (Unknown cause, not related to previous history of abdominal health condition) • Fatigue • Headache (Not related to previous history of headaches or migraines) • Muscle or body aches • Loss of taste or smell 	<ul style="list-style-type: none"> • Call 9-1-1 if difficulty breathing, persistent chest pain or pressure, confusion, bluish lips or face, and/or unable to arouse. • Contact healthcare provider by phone to determine need for COVID-19 testing • Close contact with a person who has COVID-19 requires self-quarantine (stay at home) until 14 days after exposure. Check temperature twice daily. Contact healthcare provider if symptoms appear. • Inform school health office of suspected (symptoms) or confirmed (positive test results) COVID-19 illness and/or exposure. Resources available. 	<p><u>With a Negative (-) test result or no testing:</u></p> <ul style="list-style-type: none"> • At least 72 hours have passed since last fever without the use of fever-reducing medications and • Other symptoms have resolved <p><u>With a Positive (+) test result and no symptoms:</u></p> <ul style="list-style-type: none"> • At least 10 days have passed <i>after date of first positive test</i> and • Symptoms have resolved <p><u>With mild to moderate symptoms:</u></p> <ul style="list-style-type: none"> • At least 10 days have passed since onset of symptoms and • At least 72 hours have passed since last fever without the use of fever-reducing medications and • Other symptoms have resolved <p><u>With Severe illness:</u></p> <ul style="list-style-type: none"> • Isolation may be required up to 20 days after onset of symptoms. Consult with healthcare provider.
<p>Fever: ≥ 100° F ≥ 37.7° C</p>	<ul style="list-style-type: none"> • Observe closely. Fever often indicates an illness. If fever persists, seek medical care. 	<ul style="list-style-type: none"> • At least 72 hours have passed since fever resolved without the use of fever-reducing medications and • Any other symptoms have resolved.
<p>Cold Symptoms</p> <ul style="list-style-type: none"> • Runny nose • Nasal congestion • Cough • Sneezing • Watery eyes 	<ul style="list-style-type: none"> • Green or yellow nasal drainage may be a sign of infection. If drainage persists, seek medical care. 	<ul style="list-style-type: none"> • At least 72 hours have passed since symptoms resolved and • No trouble breathing and • No longer feels sick and • Behaviors are normal for child and able to participate at school.
<p>Diarrhea Vomiting</p>	<ul style="list-style-type: none"> • Observe closely for serious illness. Frequent diarrhea and/or vomiting can cause dehydration. If symptoms persist, seek medical care. 	<ul style="list-style-type: none"> • At least 72 hours after symptoms have resolved. • No longer feels sick and • Behaviors are normal for child and able to participate at school.
<p>Earache or Ear Drainage with Sore Throat</p>	<ul style="list-style-type: none"> • Earache and/or drainage with sore throat may require antibiotics. Consult with healthcare provider 	<ul style="list-style-type: none"> • At least 24 hours after starting antibiotic therapy, if needed, and • Ear pain/drainage has resolved and • No difficulty swallowing and • No longer feels sick
<p>Red, Watery Eyes with drainage</p>	<ul style="list-style-type: none"> • Possibility of conjunctivitis (Pink Eye). Seek medical care if symptoms persist. 	<ul style="list-style-type: none"> • Eyes are no longer watery, irritated, or sensitive to light and • Prescribed medication has been initiated, if needed
<p>Rash</p>	<ul style="list-style-type: none"> • May be associated with an infectious disease, particularly with open, oozing, or spreading wounds. Consult with healthcare provider. 	<ul style="list-style-type: none"> • No open, oozing, or spreading wounds • Healthcare provider documents in writing that rash is not the result of an infectious disease • Healthcare provider documents in writing the period of infectious process – varies from 4 days to two weeks