

COVID-Like Symptoms

Staff who present with ≥ 2 **LOW RISK** symptoms or ≥ 1 **HIGH RISK** symptom will be sent home. Please refer to the following guidelines for when you can return to work.

Low Risk:

- Headache
- Runny nose/congestion
- Nausea/vomiting/diarrhea

**Return to school 24 hours
after symptom improving if 1
low risk*

High Risk:

- New, uncontrolled cough**
- Shortness of breath or difficulty breathing**
- New loss of taste or smell**
- Fever(100.4degrees)**
- SoreThroat**
- Chill**

In accordance with the Center for Disease Control (CDC) and Department of Education (DOE), the following guidelines must be met in order to return to school:

1. **If a swab for COVID-19 is done and the result was negative:** The employee must stay home until the test result is confirmed to be negative and may return to school with a doctor's note when symptoms have improved and are fever free for 24 hours without the aid of medication.
2. **If the employee was seen by their provider and no swab was done** because an alternative diagnosis was made, then they may return to school with a doctor's note when symptoms have improved and are fever free for 24 hours without the aid of medication.
3. **If a swab for COVID-19 was done and the result was positive:** The employee **MUST** notify the school nurse as soon as possible with the doctor's note and will follow the CDC guidelines before returning to school (updated 8/12/20). School Nurse will be in contact with the DOE School Nurse Consultant. Employees are required to contact the school nurse prior to returning to work.
4. **If the employee was not tested for COVID-19 and there was no alternative diagnosis made** (employee declined testing, unable to obtain a test), employee may return to school when all three criteria are met:

- a. 10 days have passed since the onset of symptoms
- b. 24 hours have passed with no fever (without the use of fever reducing medication).
- c. Improvement of symptoms

Criteria must be met before returning (for High Risk Symptoms):

1. NEGATIVE COVID-19 Test

OR

1. 10 days have passed since the onset of symptoms
2. 24 hours have passed with no fever (without the use of fever reducing medication).
3. Improvement of symptoms

https://www.maineaap.org/assets/about/Return-to-School_v2_8-12-2020_final.pdf

https://www.maine.gov/doe/sites/maine.gov.doe/files/inline-files/Child%20Feels%20or%20Appears%20Unwell%20Flowchart_6.pdf

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-staff.html>