

# GOING HOME SICK

Was your child sent home for **THESE** symptoms?

**TWO** of the following: fever (measured or subjective), chills, fatigue, myalgia, headache, sore throat, congestion, nausea, vomiting or diarrhea

**OR**

**ONE** of the following: cough, shortness of breath, difficulty breathing, or new loss of taste/smell.

**YES**

## STAY HOME UNTIL

- ✓ If no COVID test taken: 10 days have passed, Symptoms improved, No fever for 24 hours (without fever reducing medications) **OR**
- ✓ If negative COVID test (must show proof): Symptoms improved, No fever for 24 hours (without fever reducing medications) **OR**
- ✓ If positive COVID test: 10 days have passed, Symptoms improved, No fever for 24 hours (without fever reducing medications) **OR**
- ✓ A doctor visit with Differential Diagnosis (must show proof): Symptoms improved with MD treatment, No fever for 24 hours (without fever reducing medications)

**NO**

## REGULAR SICK DAY

- ✓ Remain home until symptoms improve
- ✓ If COVID symptoms begin, stay home and call a doctor
- ✓ Notify the School Nurse

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Please remain in contact with a nurse for medical follow-up.  
Please remain in contact with teacher(s) for continued education.

## WHAT DOES IT ALL MEAN!?

**Asymptomatic:** when an individual is a carrier of an illness but does not show symptoms

**Close Contact:** any individual within 6 feet of an infected person for at least 15 minutes with or without a mask (MCDOH is following this original definition at this time for the purpose of contact tracing despite CDC updates)

**Contact Tracing:** an attempt by public health officials to identify situations in which an infected person is transmitting the COVID, and then warn others who may have been exposed through that person

**Differential Diagnosis:** the process of differentiating between two or more conditions which share similar signs or symptoms

**Isolation:** separates sick people with a contagious disease from people who are not sick

**Positive Case:** Someone tested and confirmed to have COVID-19

**Probable Positive:** A close contact who becomes symptomatic, before COVID test results confirmed

**Quarantine:** quarantines keep people away from each other to prevent the spread of disease

**Self-Quarantine:** choosing to separate yourself when you're sick from healthy individuals to prevent spreading illness

**Social Distance:** maintaining space between yourself and other people to mitigate spread of infection; ideally 6 feet from others

**Symptomatic:** a person exhibiting signs of illness