

Too Sick for School

Help Lake Washington School District stop the spread of illness. We are required to screen all students for symptoms of COVID-19 daily prior to entry to the school. **If you answer 'YES' to any of the following questions, keep your student home and contact your school.**

1. Has your student been in close contact with anyone with confirmed COVID-19?
2. Does anyone in your household have COVID-19 like symptoms &/or is anyone in your household being tested for COVID-19?
3. Has your student had a positive COVID-19 test for active virus in the past 10 days?
4. Within the past 14 days, has a public health or medical professional told your student to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19?

COVID-Like Symptoms:

If your child is experiencing any of the following symptoms within the last 24 hours. PLEASE keep them home and contact your school nurse. If they show any of the following symptoms at school, it is necessary to pick your student up as soon as possible. Return to school must be approved by the nurse after going home sick.

- Fever of 100.4 or above
- Cough
- Shortness of Breath or Difficulty Breathing
- Chills
- Fatigue *
- Muscle Pain or Body Aches *
- Headache *
- Loss of Taste or Smell
- Sore Throat *
- Congestion or Runny Nose *
- Nausea or Vomiting *
- Diarrhea *
- Other signs of new illness that are unrelated to a documented preexisting condition.

*A short-term symptom – if a student has only **one** of these symptoms and the symptom begins and resolves in less than 24 hours (without medication) AND no known COVID-19 exposure (close contact). A student can return to school if the short-term symptom has been resolved for 24 hours, please contact the school even if your student has a short-term symptom. A COVID-19 test is not required.

Contact your medical provider if your student is experiencing any other symptoms that are concerning to you.

Additional Too Sick for School Symptoms:

If your child has any of the following symptoms, please keep them home and contact your school nurse Claire Goveia- cgoveia@lwsd.org or Jody Lallas- jlallas@lwsd.org

- Scabies
- Rash
- Ear infection
- Eye infection

Tips to Stay Well:

According to the Centers for Disease Control and Prevention (CDC), the single most important thing you can do to prevent the spread of germs is to wash your hands often.

- Stay home
- Social distancing
- Avoid group gatherings
- Wear a mask
- Wash hands or use hand sanitizer
- Avoid touching your eyes, nose, or mouth
- Avoid contact with people who are sick.
- Cover your mouth/nose when coughing or sneezing.