

# COVID-19 - Symptoms - "I feel sick"

**What to do if you have COVID-19 symptoms but you haven't been around anyone with COVID-19**

## SYMPTOMS

*(that are not caused by another condition)*

- New cough
- Shortness of breath
- Difficulty breathing
- Fever
- Chills
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Vomiting
- Diarrhea

*(Be suspicious of any unusual fatigue, headache, red eyes, runny nose and congestion if not related to another illness or allergies)*

INFORM  
SPS

## Stay home and isolate

Household members should quarantine but can discontinue if your health care provider (HCP) certifies you don't have COVID-19

Monitor your symptoms  
Get help if symptoms get worse or if you are in a high risk category (*Age 60+, immunocompromised, chronic health condition, pregnant*)

## Return to SPS when:

- 24 hours have passed since recovery (*no fever without the use of medications and improvement in respiratory symptoms like cough and shortness of breath*) **AND**
- 10 days have passed since symptoms first occurred

Should I get tested?  
Yes, contact your HCP for a test

If you test positive for COVID-19 please follow the Confirmed COVID-19 Protocols (flow chart)

RETURN  
TO  
SPS

OR

- 24 hours fever free **AND**
- HCP ensures you are no longer contagious or COVID-free with a **negative test result.** (*Your HCP must send a note to school*)

Complete MyMedBot and check in with the front office before coming back to school