

What Should I Do If My Child Is Sick?



Please do **not** send your child to school if he or she is sick. Contact your school office to report your child's absence and provide your name, the name of your child, the reason and expected length of the absence, as well as the specific reasons for the absence. Please leave a voicemail message, if necessary.

If your child is sick, we need to know **specific symptoms**, including if your child is experiencing any of the **COVID-19 related symptoms listed below**. Also tell us if your child was exposed to a positive or confirmed case. Your school nurse will follow-up with you as soon as possible to discuss next steps and when your child can return to school.

The steps below are based on the [D20 Revised COVID-19 Protocols](#) (effective 1/18/2022) which are an amendment to the D20 Return to 100% In-Person Learning Plan. It is important to note that protocols and the requirements listed below may be subject to change based on updated state or local guidelines.

1. REPORT YOUR CHILD'S ABSENCE

ECC (Preschool)	(630) 894-4607
Greenbrook (K-5)	(630) 894-4599
Waterbury (K-5)	(630) 894-4299
Spring Wood (6-8)	(630) 894-4197

2. TELL US YOUR CHILD'S SYMPTOMS

If **one or more** of the below symptoms are present, we strongly recommend further evaluation by a healthcare provider, including getting a COVID-19 test (please see below for acceptable types of tests). If your child receives a positive COVID-19 test result, please contact the school to let us know as soon as quickly as possible.

<i>Fever of 100.4° F or higher</i>	<i>Shortness of breath</i>
<i>New moderate to severe headache</i>	<i>Sore throat</i>
<i>New cough</i>	<i>Diarrhea</i>
<i>Vomiting</i>	<i>Fatigue from unknown cause</i>
<i>New loss of sense of taste or smell</i>	
<i>Muscle or body aches from unknown cause</i>	

Emergency Warning Signs: If you are observing any of the symptoms below, you should contact your healthcare provider **immediately**. This list is not all-inclusive. Please consult your healthcare provider for any other symptoms that are severe or concerns regarding your child. Your provider may want to discuss testing or other concerns with you.

<i>Trouble breathing</i>	<i>Bluish lips or face</i>
<i>Persistent pain or pressure in the chest</i>	<i>Unexplained rash or red mouth/tongue</i>
<i>New confusion or inability to arouse</i>	

3. DOES MY CHILD NEED TO STAY HOME?

➤ SYMPTOMATIC CASES

If your student has one or more of the **COVID-19 symptoms**, regardless of vaccination status, s/he must your child must follow the protocols below:

<p style="text-align: center;">OPTION A Return to School with Proof of Negative COVID-19 Test</p>	<p style="text-align: center;">OPTION B Isolate at Home for 5 Days</p>
<p>Parents have the option to get their child tested for COVID-19 and return to school with proof of a negative RT-PCR or NAAT test result (at this time we cannot accept rapid, antigen, or at home test results). <i>If a positive result occurs, must immediately isolate and follow "Positive Case" protocols.</i></p> <p>Testing will continue be available at school before you are sent home sick, parents may register online for the complete D20 COVID-19 Testing Program or fill out a paper one-time consent form with the school nurse.</p>	<p>If you choose not to get your child tested, s/he must stay home and isolate for 5 calendar days from the onset of the symptoms. <i>To calculate the length of isolation, day 0 is the first day of symptoms or the specimen collection date (if no symptoms are present) and the isolation period runs from day 1 through day 5.</i></p>

<p>May return to school <u>with proof of negative test results</u>, IF the requirements below are met:</p> <ol style="list-style-type: none"> 1) Must be fever-free <u>and</u> no vomiting/diarrhea for 24 hours <u>and</u> other symptoms have improved. If symptoms are still present and have not improved after negative result, the student/staff should wait to end isolation (and do not come to school) until they are fever-free and no vomiting/diarrhea for 24 hours and other symptoms have improved. 2) Must continue to wear well-fitted mask around others, including at home for 5 additional days after isolation. <i>If unable to wear a mask when around others, they must isolate for a total of 10 days.</i> 3) When mask is not being worn (i.e., when eating) must maintain 6 feet physical distance from others, for 5 additional days after isolation. School staff will assign lunch seating at table with adequate physical distancing for days 6-10. <i>If unable to comply with this requirement, they must isolate for a total of 10 days.</i> 	<p>May return to school <u>on day 6</u>, IF the requirements below are met:</p> <ol style="list-style-type: none"> 1) Must be fever-free <u>and</u> no vomiting/diarrhea for 24 hours <u>and</u> other symptoms have improved. If symptoms are still present and have not improved after negative result, the student/staff should wait to end isolation (and do not come to school) until they are fever-free and no vomiting/diarrhea for 24 hours and other symptoms have improved. 2) Must continue to wear well-fitted mask around others, including at home for 5 additional days after isolation. <i>If unable to wear a mask when around others, they must isolate for a total of 10 days.</i> 3) When mask is not being worn (i.e., when eating) must maintain 6 feet physical distance from others, for 5 additional days after isolation. School staff will assign lunch seating at table with adequate physical distancing for days 6-10. <i>If unable to comply with this requirement, they must isolate for a total of 10 days.</i>
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Non-COVID Symptoms: If your child ill but is not exhibiting any of the COVID-19 related symptoms listed above, your child may return to school when s/he is fever-free for 24 hours without fever-reducing medication, and your child has not experienced diarrhea or vomiting for at least 24 hours. Your child will be able to make up any missed school work after returning to school.

➤ **POSITIVE CASES**

Regardless of vaccination status or whether your child is currently experiencing symptoms, if your child tests positive for COVID-19, you must follow the protocols below:

<p style="text-align: center;">Isolate at Home for 5 Days</p> <p><u>Student must stay home and isolate for 5 calendar days.</u> <i>To calculate the length of isolation, day 0 is the first day of symptoms or the specimen collection date (if no symptoms are present) and the isolation period runs from day 1 through day 5.</i></p> <p>May return to school <u>on day 6</u>, IF the requirements below are met:</p> <ol style="list-style-type: none"> 1) Must be fever-free <u>and</u> no vomiting/diarrhea for 24 hours <u>and</u> other symptoms have improved. If symptoms are still present and have not improved after negative result, the student/staff should wait to end isolation (and do not come to school) until they are fever-free and no vomiting/diarrhea for 24 hours and other symptoms have improved. 2) Must continue to wear well-fitted mask around others, including at home for 5 additional days after isolation. <i>If unable to wear a mask when around others, they must isolate for a total of 10 days.</i> 3) When mask is not being worn (i.e., when eating) must maintain 6 feet physical distance from others, for 5 additional days after isolation. School staff will assign lunch seating at table with adequate physical distancing for days 6-10. <i>If unable to comply with this requirement, they must isolate for a total of 10 days.</i>

4. DO SIBLINGS/HOUSEHOLD MEMBERS HAVE TO STAY HOME TOO?

Any siblings/household members who are **fully vaccinated** (have completed the primary COVID-19 vaccine doses, booster not required) **may remain in school as long as they are asymptomatic.**

Any siblings/household members who are **unvaccinated** or **not fully vaccinated** may remain in school if your sick child gets tested within 24 hours of the onset symptoms, unless there is a high suspicion that your sick child has COVID-19 (i.e., is a known close contact or has lost sense of taste or smell).

- If testing does not occur within 24 hours or your sick child receives a positive test result, all siblings/household members who are not fully vaccinated **must be excluded from school for 5 calendar days and follow “Close Contact - Outside of School” protocols**. Asynchronous or independent work will be provided during this quarantine period (“live” remote instruction will not be provided).

You should try to isolate the sick student from the well family members as much as possible at home. We strongly recommend that you monitor all family members for COVID-19 symptoms and contact your healthcare provider for COVID-19 testing or if you have any questions or concerns.

Please visit [DCHD](#) for additional information and resources, including monitoring the health of your child and others in your home for COVID-19 related symptoms. Please let us know if you have any questions or concerns. Thank you very much for helping us to keep your child and our school community safe.

If you have any questions or concerns, please do not hesitate to contact your student’s school nurse at the number listed below. Please send COVID-19 test results to your school fax or email below:

Greenbrook & ECC

630-894-4409
630-289-6183 Fax
jwhelan@esd20.org

Waterbury

630-894-4211
630-539-2316 Fax
lmontiel@esd20.org

Spring Wood

630-894-4044
630-894-9658 Fax
ldelascio@esd20.org