



See You in Class!

- Runny nose or a mild cough, but **no other symptoms**
- Temperature below 100.4°F and no fever-reducing medicine in the last 24 hours
- No throwing up or diarrhea in the last 24 hours



Best to Stay Home.

- Fever (temperature of 100.4°F or higher) in the last 24 hours, with or without medicine
- Persistent cough
- Vomiting or diarrhea
- Instructed by a doctor to isolate from others

Unsure? Call your child's school nurse.

Heading to School! What should I know?

By coming to school **every day they're not sick**, your child is:

- *Building positive habits and a solid foundation for success*
- *Staying engaged in learning and on track for graduation*
- *Gaining valuable social skills*
- *Less likely to feel stressed and anxious*
- *Supporting the success of all students*

My child is staying home. What should I do next?

- 1** Notify your child's school by phone. If possible, let us know **before 9 a.m.** on the day of the absence.
- 2** Repeat this checklist every morning. We hope to see your student back in class soon!

Learn about our COVID-19 safety practices at k12albemarle.org/covid

School exclusion criteria may differ in the case of an outbreak of an infectious illness, such as COVID-19.