

# Stay Home When Sick and Get Tested

The California Department of Public Health (CDPH) notes that getting tested for COVID-19 when symptoms are consistent with COVID-19 will help with rapid contact tracing and prevent possible spread at schools. CDPH recommends the following:

- Staff members and students with symptoms of COVID-19 infection should not return for in-person instruction until they have met these criteria:
  - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; *and*
  - Other symptoms have improved; *and*
  - They have a negative COVID-19 test, *or* a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) *or* a healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), *or* at least 10 days have passed since symptom onset.

Follow the [CDC's guidelines](#) for Staying Home when Sick and Getting Tested:

- Students, teachers, and staff who have **symptoms** of infectious illness, such as influenza (flu) or COVID-19, should stay home and contact their healthcare provider for testing and care.
- Parents and guardians should keep children home if they are showing signs and symptoms of COVID-19 and get them tested.

## Common Symptoms of COVID-19 (CDPH)

- Headache
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea