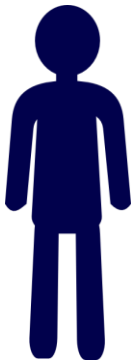
SYMPTOM GUIDELINES



If a student has any of the following symptoms or is not feeling well, she should stay home until she feels better. Students are recommended to seek a medical provider to review their symptoms. Texas Catholic Conference of Bishops Education Department (TCCB ED) [1]has specified guidelines for fever, vomiting/nausea, and diarrhea.

Symptoms:

Fever	Nausea/Vomiting	Headache
Body aches	Chills	Fatigue
Congestion/Runny nose	Sore throat	Shortness of breath
Diarrhea		

TCCB ED GUIDELINES:

SYMPTOM	RETURN TO SCHOOL GUIDELINE
FEVER	Fever-free for 24 hours without fever-suppressing medication.
VOMITING/NAUSEA	No Vomiting for 24 hours without nausea-suppressing medication.
DIARRHEA	Diarrhea-free for 24 hours without diarrhea-suppressing medication.

CDC[2] AND TEXAS DEPARTMENT OF HEALTH AND HUMAN SERVICES[3] RESPIRATORY VIRUS RECOMMENDATIONS:

When you go back to your normal activities, take added precautions over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people. Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in the trash. If you do not have a tissue, cough, or sneeze into your elbow, not your hands.
- Learn and use proper handwashing techniques.
- Clean frequently touched surfaces, such as countertops, handrails, and doorknobs regularly.

[1] TCC BED Choose Catholic Schools - Houston, TX TCCB ED Health Manual for Catholic Schools in Texas

[2] Center for Disease Control CDC updates and simplifies respiratory virus recommendations | CDC Online Newsroom | CDC

[3] Texas Department of Health and Human Services COVID-19 (Coronavirus Disease 2019) | Texas DSHS