

# HANDLING ILLNESS: Next Steps for Parents

## My child has symptoms of COVID-19

### HIGH-RISK SYMPTOMS

New cough, shortness of breath or difficulty breathing, new loss of taste or smell, fever (100.4°+), vomiting, or a severe low-risk symptom.

### LOW-RISK SYMPTOMS

Headache, muscle and body aches, fatigue, sore throat, runny nose, nausea, diarrhea.

Thank you for helping us protect the health of our school community. When a student becomes ill with **ONE** high-risk symptom or **TWO OR MORE** low-risk symptoms, families are advised to seek an evaluation by a healthcare provider. Unless a documented medical evaluation indicates symptoms are clearly consistent with a less serious illness or allergic reaction, **OR** the student can provide documentation of a negative COVID-19 test, he or she will be required to isolate for 10 days following the onset of symptoms. Family members are not required to quarantine at this stage unless they develop symptoms **OR** the student who is isolating tests positive for COVID-19.

## When can my child return to school?

### EVALUATION BY A HEALTHCARE PROVIDER (MD, DO, PHYSICIANS ASSISTANT OR NURSE PRACTITIONER)

#### NEGATIVE COVID-19 TEST

*\*Documentation required.*

#### ALTERNATIVE DIAGNOSIS

*\*Documentation required.*

#### POSITIVE COVID-19 TEST (OR NO ALTERNATIVE DIAGNOSIS)

Without a known exposure/close contact with a person who has tested positive for COVID-19 (6 feet for 15 minutes or more), the student may return to school after 24 hours with no fever (without the use of fever-reducing medicine) **AND** improved symptoms.

\*Documentation may be faxed to:  
**563-583-9775 Attention School Nurse**

Students may return to school when the following criteria have been met:

- At least 10 days have passed since symptoms first appeared **AND**
- At least 24 hours with no fever without fever-reducing medication **AND**
- Other symptoms have improved.

Family members are required to quarantine for 14 days following the last close contact with the infected individual (final day of 10-day isolation).

### UNDERSTANDING THE DIFFERENCE: SELF-ISOLATION & QUARANTINE

- **Isolation** separates sick people with a contagious disease from people who are not sick. The isolation period for COVID-19 is a minimum of 10 days following the onset of symptoms or a positive COVID-19 test result.
- **Quarantine** separates people who were exposed to a contagious disease to see if they become sick. The quarantine period for COVID-19 is 14 days following the last day of exposure to a positive case. If symptoms develop, or the individual tests positive during the quarantine period, he or she will re-start the clock for a 10-day isolation period.