

# STUDENT SYMPTOMS OF ILLNESS GUIDELINES

Students who exhibit signs of illness as described below OR ARE WAITING FOR RESULTS OF A COVID 19 TEST, should stay home from school and school activities. Students who exhibit signs of illness during the school day will be sent home. **Parents should monitor their children's symptoms daily, including checking temperature, before coming to school or attending school activities to determine if they are well enough to attend school/activities.**

## Stay home when:

### You have one of the high risk symptoms:

- Fever of 100.4 F (oral equivalent) or above
- New Cough (different than baseline for staff with allergies/asthma)
- Shortness of breath
- Difficulty breathing
- New loss of taste or smell

### You have two or more low risk symptoms or your symptoms are not within your "norm":

- Headache
- Muscle / Body Aches
- Fatigue
- Sore Throat
- Runny Nose
- Congestion
- Nausea
- Vomiting
- Diarrhea
- Chills

### NEXT STEPS:

1. Call the school attendance line and report your symptoms of COVID-19.
2. Call your healthcare provider for guidance and for questions/recommendations about COVID 19 testing.
3. All people with symptoms as described above should remain in their house and isolated from other family members in the home.

## Return to school:

If evaluated by a health care provider, and diagnosed with something other than COVID 19 (ear infection, strep throat etc) Return to school after 24 hours with no fever (without the use of fever-reducing medicine) and symptoms improving.

### EXPOSURE TO A POSITIVE PERSON

- No notifications of positive school cases will be shared as Linn County Public Health is no longer doing contact tracing or notifying entities of people who test positive for COVID
- Parents/guardians may decide to quarantine their child if they are known to have an exposure at home or in the community to monitor for development of symptoms
- If parents/guardians choose not to quarantine their child, students may attend school and participate in extracurricular activities as long as they are SYMPTOM FREE

### SYMPTOMS/POSITIVE TEST

#### Positive with symptoms or had symptoms but not tested:

- At least 5 days have passed since symptoms first appeared AND no fever for at least 24 hours (without the use of medicine that reduces fevers) and other symptoms are improving. May return to school on Day 6. Students must wear a mask through Day 10. May remove mask on Day 11.

#### Positive with no symptoms:

- 5 days have passed since the test if no symptoms developed. May return to school on Day 6. Students must wear a mask through Day 10. May remove mask on Day 11.

#### NEGATIVE TEST but had symptoms:

- Symptoms have improved AND are fever free for 24 hours without the use of medication