

Illness Guidelines

When to Stay Home or Be Sent Home

You have one of the following high risk symptoms:

- Fever of 100.0 or above
- New cough (different from baseline)
- Shortness of breath/Difficulty breathing
- New loss of taste or smell

You have one of the following “traditional” symptoms:

- Vomiting in last 24 hours
- Diarrhea in last 24 hours

You have two or more of the following lower risk symptoms:

- Headache
- Fatigue
- Congestion/Runny Nose
- Abdominal Pain
- Sore Throat
- Muscle/Body Aches (not growing pains)

You have been in “close contact” with someone positive for COVID-19 or are waiting for results.

Close contact is being within 6 feet of a person; for more than 15 minutes; 48 hours prior to them testing positive or showing symptoms. Even if masks were worn.

When someone in your household is ill. (until COVID-19 has been ruled out).

When to Return

If a Close Contact/ Known Exposure:

- Student/Staff will stay home for 14 days, from last exposure, to monitor for symptoms.
- If exposed student/ staff tests negative, they will still need to stay home for 14 days.

Symptomatic - Unknown Exposure:

- **Positive with symptoms/Symptoms without testing** - At least 10 days have passed since symptoms first started AND no fever for 24 hours AND other symptoms have greatly improved
- **Negative Test** - Symptoms have improved and are fever free (without medication) for 24 hours.

Physician’s Visit:

If evaluated by a health care provider and diagnosed with something other than COVID-19 you can return after being fever free for 24 hours and symptoms have improved.

A Note is Required.