

Stay at Home Guide

Daily Screening Questions

Stay home if "yes" to any of the following

- Do you have a temperature of 100.4 or higher?
- Do you have any of the symptoms listed below?
- Have you been within 6 ft (for at least 5 minutes) of a person who has a lab confirmed case of COVID-19?

It's confusing. When should I keep my child home?

The new public health measures for COVID-19 mean students and staff who are showing signs of illness must stay home from school. To simplify the 'should I keep my child at home' and 'how long does my child need to stay home' process, we have provided a visual guide to help you understand how our school is making decisions around managing student illness.

My child is sick. How long do they need to stay home?

Core COVID-19 Symptoms

Fever (above 100.4 F or 38 C)
New or Worsening Cough
New or Worsening Shortness of Breath or
Difficulty Breathing or Severe Wheezing
Runny Nose
Sore Throat
New Loss of Taste or Smell

This is my child. Now What?

If your child has one of the Core COVID-19 Symptoms, they must do one of the following before returning to school:

1. Isolate for a minimum of 10 days (or longer if they still have symptoms) **OR**
2. Receive a negative COVID-19 test result.

How do I get my child tested?

If your child has one or more of the Core COVID-19 Symptoms, we strongly encourage scheduling a COVID-19 test. This can speed up the return to school process, as the turn-around times for testing are generally faster than the required 10-day isolation period.

Other Symptoms

Chills
Painful Swallowing
Headache
Stuffy Nose
Muscle or Joint Aches
Feeling Unwell, Fatigue, or Severe Exhaustion
Gastrointestinal Symptoms such as Nausea, Vomiting, Diarrhea, Unexplained Loss of Appetite

This is my child. Now What?

1. A COVID-19 test is recommended but not required. The sick person must stay home and minimize contact with others until symptoms resolve.
2. Once symptom free, they may return to school.

What if my child has a pre-existing medical condition with similar symptoms?

A student who has allergies, asthma, or other pre-existing medical conditions that cause similar symptoms should get at least one negative COVID-19 test result before returning to school. These symptoms would then be their baseline health status. The students can attend school as long as their symptoms stay similar to their baseline.



For COVID-19 testing information, please visit www.cdc.gov/coronavirus or www.nccde.org

Please visit our website at www.firststatemontessori.org for information and updates.