

# 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 15 minutes) of a person who has a lab confirmed case of COVID-19? (If yes - see Quarantine Expectations)

## 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  
Feeling Unwell, Fatigue or Severe Exhaustion  
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. Quarantine for a minimum of 14 days (or longer if they still have symptoms) **OR**
2. Receive a negative COVID-19 test result.

### Other Symptoms

Chills  
Painful Swallowing  
Headache  
Stuffy Nose or Runny Nose  
Muscle or Joint Aches  
Gastrointestinal Symptoms such as Nausea, Vomiting, Diarrhea, Unexplained Loss of Appetite

### This is my child. Now What?

1. Ask yourself if your child may have been exposed and if yes, follow quarantine expectations.
2. 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.

## Quarantine Expectations

- ▶ If your child has had a known exposure to COVID-19 (Exposure means they were within 6 feet of a lab confirmed COVID-19 positive individual for more than 15 minutes), then they must see your Primary Care Physician, receive a negative COVID-19 test, and receive clearance from DPH to return to school.

### When to get tested? What if my child test positive?

If your child has one or more of the Core COVID-19 Symptoms, we strongly encourage scheduling a COVID-19 test.

If your child receives a positive , they will need to isolate as directed by your Primary Care Physician and/or Division of Public Health.

### 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 [coronavirus.delaware.gov/testing](https://coronavirus.delaware.gov/testing) or [www.nccde.org](http://www.nccde.org)

Please visit our website at [www.firststatemontessori.org](http://www.firststatemontessori.org) for information and updates.