

My student has been told to stay home due to COVID-19. Now what?

Quarantine

What does this mean?

Quarantine separates people who were exposed to a contagious disease to see if they become sick.

Stay Home and Monitor Your Health

•If possible, keep your student away from others in your house; especially people who are at higher-risk for getting very sick from COVID-19.

•**Check your student's temperature twice a day** and watch for symptoms of COVID-19. If your child has any of the following symptoms, that indicates a possible illness that may decrease the student's ability to learn and also put them at risk for spreading illness to others. Please check your child for these symptoms:

- Temperature of 100.4 degrees Fahrenheit or higher
- Sore throat
- New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
- Diarrhea, vomiting, or abdominal pain
- New onset of severe headache, especially with fever

Use the tool at CDC's website to track symptoms.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/schools-childcare/Daily-Home-Screening-for-Students-Checklist-ACTIVE-rev5A.pdf>

•**If your student develops symptoms during this time:**

1. Call your healthcare provider.
2. Call your school and school nurse. Your return date may change.

•**Keep your student at home for 14 days after the last exposure.**

1. Exposure date is "day zero."
2. Your student can return to school on "day 15"; this return date may change if your student develops symptoms.

Consider Getting Tested:

- Even if your student has no symptoms, they may carry the virus that causes COVID-19 and pass it to others.
- Wait to get your students tested at least 48 hours after the earliest exposure to the COVID-19 infected person.
- Regardless of the test result, your student has been exposed and still needs to remain quarantined for 14 days.

Can my siblings go to school if I am quarantined?

•As long as siblings have not been in close contact with someone positive for COVID-19 and they remain with NO symptoms, they can come to school.