

# What to Do if Your Child is Sick

This information is intended to help you if your child is experiencing symptom(s) consistent with **possible** COVID-19.

Symptoms of COVID-19 include the following when they are experienced in a way that is not normal for an individual: feeling feverish or temperature greater than or equal to 100.0 degrees Fahrenheit, loss of taste or smell, cough, difficulty breathing, shortness of breath, fatigue, headache, chills, sore throat, congestion or runny nose, shaking or exaggerated shivering, significant muscle pain or ache, diarrhea, nausea or vomiting

It is recommended that you follow the CDC guidelines at: [CDC Coronavirus Disease 2019: What to Do If You Are Sick](#)

- Notify your medical provider of your child's symptoms and for guidance on testing and returning to school
- Keep your child at home except to seek medical care
- If your child exhibits the following symptoms, **Seek EMERGENCY MEDICAL CARE immediately (Call 911)**: Trouble breathing, pain or pressure in the chest that does not go away, new confusion, inability to wake up/stay awake, blue lips or face, severe abdominal pain

**\*\*If your child is diagnosed with COVID-19, your child may return to school when they have met the following criteria:**

- at least ten days have passed since symptoms first appeared **AND**
- at least 24 hours fever free without the use of fever reducing medications **AND**
- symptoms are improving

**\*\*If no symptoms are present with a positive test, your child may return when at least 10 days have passed since the date of the positive test**

**\*\*Please email the doctor note and/or test results to the campus nurse BEFORE returning to school.**

If your child tests positive for COVID-19, any people living in the household are considered exposed and it is recommended (although not required) to follow [CDC guidelines for quarantine](#).

We are committed to promoting the health and safety of all of our students and staff. Thank you for helping us protect the members of our community.