

# What to Do if Your Child is Sick

These guidelines are intended to assist 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](#)

- Keep your child at home except to seek medical care
- Notify your medical provider of your child's symptoms
- If your child exhibits the following symptoms **SEEK EMERGENCY MEDICAL CARE IMMEDIATELY**: 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

**\*\*Your child may return to school when they have met one of the following criteria:**

1. Your child sees a healthcare provider and returns with a note stating they may return based on an **alternative diagnosis**.
2. Obtain an acute infection **PCR** test that comes back negative for COVID-19. Per the Denton County Health Department, a negative rapid antigen test will not meet criteria to return to school before ten days.
3. If your child does not meet one of the above criteria or if your child tests positive for COVID-19, your child may return when:
  - 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 your child tests positive for COVID-19, any siblings living in the household are considered exposed and may not return for 14 days after the last day they were in contact with the child who is ill. You should try to isolate the ill child from well family members while at home.

We understand how difficult this time can be. Our top priority is to promote the health and safety of all of our students and staff. Thank you for helping us protect all members of our community.

Please contact the school nurse at your child's campus if you have any questions regarding these guidelines.

# when can I return to school?

