

Your child is being released from school for illness. Due to current concerns for the coronavirus pandemic, anyone displaying symptoms such as fever, headache, cough, tiredness or other flu-like-symptoms must be excluded from school until cleared by a doctor for return, or after isolating for a minimum of 10 days. Please review this form carefully. Contact the school nurse with any questions.

Recommendations:

- Go home - STAY HOME
- Call your doctor for additional instructions if you feel worse - Do not go to the office, clinic, or emergency room unless you call ahead and are told to come in. (*unless you need emergency care*)
- Set up virtual visit ASAP (May be assisted to do this at school)
- Monitor symptoms.
- Report any positive results to the school nurse.
- Stay in touch with the school nurse with any updates.
- Obtain a [Return to School Excuse Form](#)
- Call the school nurse **before** you plan on sending your child back to school.

At home:

- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase airflow by opening windows or adjusting air conditioning

Ending Isolation

- Using the symptom-based strategy:
 - **10 days after symptom onset AND 24 hours of being fever free without medication AND feeling well**
- Using the time-based strategy for people who tested positive for COVID-19 and did not have symptoms:
 - **After 10 days have passed since the date the positive specimen was collected**

This information is based on guidance released by the Centers of Disease Control and Prevention (CDC) and is subject to change as additional information becomes available.

Additional information:

Households with vulnerable seniors or those with significant underlying conditions

Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

Households with sick family members

- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

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