

When families/their child(ren) should stay home due to illness

- [Staff and students should stay home](#) if they have tested positive for or are showing COVID-19 [symptoms](#).
These include:
 - Fever
 - Cough
 - Chest pain
 - Shortness of Breath
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- Staff and students who have recently had [close contact](#) with a person with COVID-19 should also [stay home and monitor their health](#).
- Sick employees and students to stay at home without fear of reprisal, and ensure employees, students, and students' families are aware of these policies.
- Staff and families must properly notice the nurse and principal/supervisor if a positive case of COVID-19 is identified
- Consider not having perfect attendance awards, not assessing schools based on absenteeism rates, and offering virtual learning and telework options, if feasible.

CDC's criteria that informs staff and families when they can safely return to work and school after illness with COVID or exposure to COVID

- [If they have been sick with COVID-19](#)
- [If they have recently had close contact with a person with COVID-19](#)

Any staff member or student who has signs of suspected or confirmed COVID can return to work/school when:

- **At least 10 days have past since signs first showed up**
AND
- **At least 24 hours have passed since recovery-defined as no fever without the use of medications and improvement in respiratory signs such as cough and shortness of breath.**

Any staff/student exposed to a person with COVID-19 must be quarantined at home for 14 days.

- * Keep yourself or your child home if there are signs of illness.
- * Perform temperature checks daily on yourself and child.
- * Alert the school nurse if you or your child test positive for COVID-19.
- * Practice mask wearing, handwashing, cough and sneezing etiquette and social distancing so that your child is comfortable with these actions.

Make sure to discuss a flu shot with your child's doctor. Early vaccination is recommended to diminish possible coinfection with both the Flu and COVID.

Be alert for any new or worrisome symptoms such as an unexplained rash, chest pain and change in mental status. Follow up with medical care should this occur.