

# Guidelines Regarding a Sick Child

Dear Parent/Guardian(s):

In the morning before school, many parents need to decide if their child is well enough to attend school. When students come to school sick, they can often make other students and the school staff sick. These guidelines will assist you in the decision of whether to keep your child home or send them to school.

Stay Home	May Go to School When
<b>COVID-19 Symptoms</b>	
<p><b>New Onset of:</b></p> <ul style="list-style-type: none"> <li>• Fever (100.0F or higher), chills, or shaking chills</li> <li>• Difficulty breathing or shortness of breath</li> <li>• New loss of taste or smell</li> <li>• Muscle aches or body aches</li> <li>• Cough (not due to other known cause, such as chronic cough)</li> <li>• Sore throat, <i>when in combination with other symptoms</i></li> <li>• Nausea, vomiting, <i>when in combination with other symptoms</i></li> <li>• Headache, <i>when in combination with other symptoms</i></li> <li>• Fatigue, <i>when in combination with other symptoms</i></li> <li>• Nasal congestion or runny nose (not due to other known causes such as allergies), <i>when in combination with other symptoms</i></li> </ul>	<p>If your child tests positive OR your health care provider said they have COVID-19:</p> <ul style="list-style-type: none"> <li>• Can return after completing 5 full days in isolation if you have no symptoms or if your symptoms are improving</li> <li>• Must wear a mask around others for 5 more days (10 days total)</li> </ul> <p>If student is in close contact with someone who is positive for COVID-19, regardless of vaccination status, can go to school if the following is met:</p> <ul style="list-style-type: none"> <li>• Without symptoms</li> <li>• Must wear a well-fitting mask around others for 10 days (beginning day after exposure).</li> <li>• Get tested on day 5 (PCR test required)</li> </ul> <p>If student is experiencing COVID-19 symptoms, he/she can return when the following are met:</p> <ul style="list-style-type: none"> <li>• Fever-free for 24 hours (without the use of fever reducing medication)</li> <li>• Get tested (PCR test required)</li> <li>• May return with a negative result and symptom improvement</li> </ul> <p><b>**Siblings and other people who live in your home and attend an MPS school can remain at school. Take precaution by monitoring for signs and symptoms and staying home if symptoms occur. Get tested.**</b></p>
<b>Symptoms (Child tested and tests negative for COVID-19 or symptoms are due to other illness)</b>	
Fever of 100.4° F or above	Fever free from 24 hours without use of Tylenol/Ibuprofen or other fever-reducing medications.
Throwing up or vomiting	Free from vomiting for 24 hours and able to hold down food.
Uncontrollable diarrhea	Free from diarrhea for 12 hours.
Persistent coughing	Sleeping without waking to cough.
Rashes from unknown causes	Rash has a diagnosis, is being treated or has healed.
Headache	Headache is not significant and does not interrupt ability to open eyes and focus on schoolwork.
Any health concern where the child is unable to learn.	Able to focus with strength and vitality to learn.

These are some examples of health concerns where your child should stay home and when they may be ready to come to school. Your school wants your child to be in school if they are well enough to be there. Contact your local health department, health care provider, or school nurse if you have any further questions.

Sincerely, \_\_\_\_\_ (Signature/Title)      Date: \_\_\_\_\_