

# A Parent's Guide to COVID-19: When to stay home, test, and return

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## Check for any new/unexplained\* symptoms at home or in school

- Fever (100F) or chills
- Cough, shortness of breath
- Sore throat, nasal congestion, or runny nose
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste/smell
- Nausea/vomiting
- Diarrhea
- Multisystem inflammatory syndrome symptoms: rash, neck pain, bloodshot eyes, abdominal pain

\*If a student has a documented chronic condition that accounts for symptoms, they are not considered "new/unexplained."

If Yes to symptoms isolate at home and call the school. If Yes to symptoms while at school, student will be dismissed.

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## When to Return to School

### COVID-19 Tested

#### Positive

\*10 days after symptom onset  
AND  
\*24 hrs. of NO fever (w/o meds)  
AND  
\*symptoms improved

#### Negative

\*24 hrs. of NO fever (w/o meds)  
AND  
\*symptoms improved

### Not Tested

\*10 days after symptom onset  
AND  
\*24 hrs. of NO fever (w/o meds)  
AND  
Symptoms improved  
AND  
\*Dr. Note with alternative diagnosis

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14 Day Quarantine if exposed to someone confirmed or suspected of having COVID-19 OR if you traveled outside of New England. You may not "test out" of quarantine.