

2022-2023 COVID/ HEALTH GUIDELINES

Parent Version

adapted from DESE/DPH guidance

When should I keep my child home from school?	<ul style="list-style-type: none">● Fever 100.0 degrees or higher or chills● Not feeling well enough to carry out the school day:<ul style="list-style-type: none"><input type="checkbox"/> Not able to eat/drink<input type="checkbox"/> Vomiting/diarrhea<input type="checkbox"/> Undiagnosed rash<input type="checkbox"/> Awake all night due to not feeling well
When should I test my child for COVID-19?	<ul style="list-style-type: none">● Any one of the following symptoms can be related to COVID-19:<ul style="list-style-type: none"><input type="checkbox"/> Fever or chills<input type="checkbox"/> Cough<input type="checkbox"/> Shortness of breath or difficulty breathing<input type="checkbox"/> Fatigue<input type="checkbox"/> Muscle or body aches<input type="checkbox"/> Headache<input type="checkbox"/> New loss of sense of taste or smell<input type="checkbox"/> Sore throat<input type="checkbox"/> Congestion of runny nose<input type="checkbox"/> Nausea or vomiting<input type="checkbox"/> Diarrhea
Where can I get my child tested?	<ul style="list-style-type: none">● Ask the school nurse for iHealth COVID testing kits● Call your child's healthcare provider● Urgent Care Center
When should my child return to school after having symptoms of COVID-19?	<ul style="list-style-type: none">● After a negative test AND● When symptoms have improved or resolved AND● No fever without using fever reducing medicine for 24 hours
When should my child return to school after being absent due to a rash?	<ul style="list-style-type: none">● Medical clearance from a medical provider (PCP, NP, DO, PA) is required AND

	<ul style="list-style-type: none"> • No fever without using fever reducing medicine for 24 hours
<p>When should my child return to school after being absent with vomiting/diarrhea?</p>	<ul style="list-style-type: none"> • Vomiting has resolved and child is able to eat and drink AND • Diarrhea has improved or resolved and child is able to eat and drink AND • Child has enough energy to withstand the school day AND • No fever without using fever reducing medicine for 24 hours
<p>When should my child return to school after being absent with a sore throat?</p>	<ul style="list-style-type: none"> • Sore throat has improved or resolved AND/OR • Child was seen by a provider and tested negative for Strep Throat AND • Child is eating and drinking well AND • No fever without using fever reducing medicine for 24 hours
<p>When should my child wear a mask at school?</p>	<ul style="list-style-type: none"> • For 10 days following close contact with a COVID positive individual • Day 6 - 10 after isolating for testing positive for COVID-19 • When you have any of the following symptoms: <ul style="list-style-type: none"> <input type="checkbox"/> Fever or chills (will need to be dismissed) <input type="checkbox"/> Cough <input type="checkbox"/> Shortness of breath or difficulty breathing (will not be able to mask and will need to be dismissed) <input type="checkbox"/> Fatigue <input type="checkbox"/> Muscle or body aches <input type="checkbox"/> Headache <input type="checkbox"/> New loss of sense of taste or smell <input type="checkbox"/> Sore throat <input type="checkbox"/> Congestion of runny nose <input type="checkbox"/> Nausea or vomiting <input type="checkbox"/> Diarrhea • In the health office

<p>What if my child has COVID-19 symptoms and cannot wear a mask?</p>	<ul style="list-style-type: none"> ● Test your child with an iHealth test kit (ask school nurse if you need testing kit) ● If test is negative, keep your child home until symptoms have improved ● If the test is positive, ISOLATE your child at home for 5 full days ● Return to school after a positive COVID test with no mask when symptoms have improved or resolved AND ● No fever without using fever reducing medicine for 24 hours AND ● Your child has 2 negative COVID tests 48 hours apart. (For example: Negative tests on Day 6 and Day 8 = return to school after negative COVID test on Day 8) OR ● Your child may return after 10 full days of isolation on Day 11
<p>What if my child has had close contact, (including household close contact) with an individual that tested positive for COVID-19?</p>	<p><u>If your child has no symptoms:</u></p> <ul style="list-style-type: none"> ● Your child <i>should</i> wear a mask around others for 10 days after close contact except for when eating or drinking or outside ● You <i>should</i> test your child 6 days after the last exposure to the positive COVID individual ● If the test is negative, your child <i>should</i> still mask around others through the 10th day after exposure ● If your child cannot wear a mask, he/she can still attend school. We recommend you test your child each morning to make sure he/she is negative for covid-19 through the 10th day after the last exposure to the positive individual. (ask the school nurse for ihealth at home test kits). ● If your child tests positive he/she will need to isolate for 5 days from the day that the test was administered <p><u>If your child has symptoms of COVID-19 and is still able to attend school:</u></p> <ul style="list-style-type: none"> ● Your child should mask around others

	<ul style="list-style-type: none"> ● You should test your child ● With a negative test and masking, your child should continue to test daily before school until symptoms resolve ● If your child tests positive, he/she will need to ISOLATE for 5 days from symptom onset
<p>What do I do if my child tests positive for COVID-19?</p>	<ul style="list-style-type: none"> ● Notify any known close contacts (those that were closer than 6 feet for 15 minutes or longer, while indoors, up to 48 hours before symptoms started or test was administered) ● Notify the school nurse of the positive result and the main office of the absence ● Your child will need to ISOLATE for 5 days from symptoms onset or if no symptoms 5 days from the day the test was administered ● Day 0 is the day that your child’s symptoms started or if your child has no symptoms, the day that the test was administered. ● Your child can return to school on Day 6 as long as his/her symptoms have improved AND ● No fever without using fever reducing medicine for 24 hours AND ● He/she can mask around others from Day 6 - 10 except for when eating, drinking, or outdoors OR ● He/she cannot mask around others but has had 2 negative COVID tests 48 hours apart and symptoms have improved (earliest days of test would be Day 6 and Day 8)