SYMPTOMS

- Fever (≥100.0°F), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
 - · Difficulty breathing or shortness of breath
 - New loss of taste or smell
 - Sore throat
 - · Headache when in combination with other symptoms
 - Muscle aches or body aches
 - Nausea, vomiting, or diarrhea
 - · Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

Even mild symptoms could be indicative of a COVID infection. Co-infection with other pathogens is probable and possible.

COVID & **SCHOOLS**

A Parent's Guide to Decision-**Making During** a Pandemic



COVID-19 **Testing Sites:**



My child has COVID-like symptoms:

Child must stay home. Call school absence line, leave reason for absence & call back number, contact your child's school nurse

> Call your pediatrician. Did your child's doctor recommend testing?

Yes

Your child must get a PCR test.

results.

APS does not accept results from antigen or antibody testing. Child must quarantine while awaiting

Result

negative

If your child is not tested, but experiences symptoms of COVID-19, they must self-isolate for 10 days from symptom onset. They must have at least 24 hours afebrile, improvement in symptoms, & clearance by school nurse prior to returning to school

Nο

Result positive

Self-isolate for 10 days from symptom onset. At least 24 hours fever-free, improvement in symptoms, & clearance by the Board of Health and school nurse prior to returning to school

Send negative result to the school nurse. Based on alternate diagnosis, a determination will be made by the school nurse when your child may return to school

Child was a close contact to a COVID-19 + person outside of school (within 6 ft. for at least 15 min over a 24-hr. period) & child <u>DOES NOT live with</u> positive person

Child must quarantine and may not attend school.
Call absence line and notify school nurse.

Will child be tested for COVID-19?

Yes

Should be tested 5-6 days after date of last known contact.

If test result is <u>positive</u>, child must self-isolate as described on page 1.

If test result is <u>negative</u>, child must continue self-quarantine for 7 days, & may return to school on day 8.

Active monitoring of symptoms should occur for the full 14 days.

Getting symptoms during this time?

Yes

Call your pediatrician and get tested (again if already tested before). Notify school nurse. Continue quarantine until day 10, or until released by Board of Health

No

No

Child must quarantine for

10 days after last known contact, & may return to

school on day 11. Continue

to <u>actively monitor</u> symptoms for 14 days



Not all scenarios can be covered here. Please contact your school nurse for further guidance.



Household member has been diagnosed with COVID-19

Child **must stay home** and quarantine for 14 days after their last exposure to the positive person.

	mon	tue	wed	thu	fri	sat	sun	
Person is sick/ has sick/ has COVID-19 Criteria met to end home isolation	30	31	1	2	3	4	5	
	6	7	8	9	10	11	12	
	13	14	15	16	17	18	19	
	20	21	22	23	24	25	26	Last day of
	27	28	29	30	31 1	4 DAY QUAF	RANTINE	quarantine

Child is a close contact to someone who is a close contact to a COVID-19 positive person

This scenario does not require your child to quarantine or get tested for COVID-19

My family is traveling

<u>Domestic travel</u> – families must follow the <u>MA Travel Advisory</u>
<u>International travel</u> – families must follow <u>CDC guidance</u>. Must get a PCR test and isolate at home prior to returning to school

Isolation vs. Quarantine Isolation:

Isolation

- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items like cups, towels, and utensils
- Wear a mask when around other people

Quarantine:

- Stay home
- Stay away from high risk individuals
- Date of last known contact to + person = day "0"

