

SYMPTOMS

- Fever ($\geq 100.0^{\circ}\text{F}$), 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

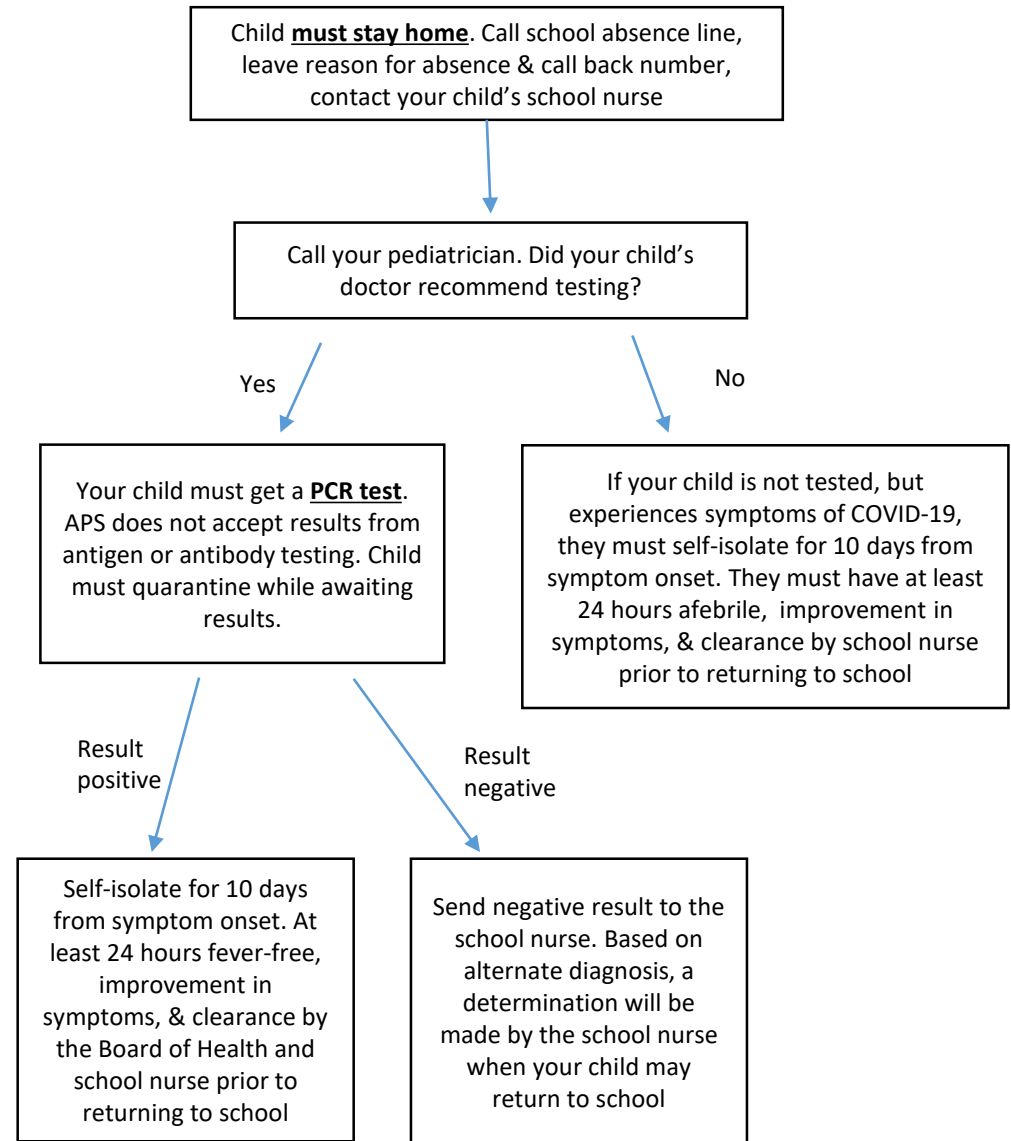
A Parent's
Guide to
Decision-
Making During
a Pandemic



COVID-19
Testing Sites:



My child has COVID-like symptoms:



Child 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 DOES NOT live with 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

No

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

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

If test result is negative, 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.

Child must quarantine for 10 days after last known contact, & may return to school on day 11. Continue to actively monitor symptoms for 14 days

Getting symptoms during this time?

Yes

No

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

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.



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

Domestic travel – families must follow the [MA Travel Advisory](#)
International travel – families must follow [CDC guidance](#). 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"

