

STAY AT HOME AND RETURN TO SCHOOL REQUIREMENTS

For Students and Staff During COVID-19



These policies are based on public health guidance from the CDC. For any return to school outside of these guidelines students must bring a doctor's note. Contact your school nurse if you have questions about returning to school after illness.

1 STAY HOME IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

2 STAY HOME IF YOU HAVE BEEN EXPOSED TO COVID-19 WITHIN THE LAST 14 DAYS OR:

- Advised to isolate or quarantine by your doctor or the health department
- Recently had close contact with a person with COVID-19 - within 6 feet of an infected person for at least 15 minutes
- Have been diagnosed with COVID-19

3 STAY HOME IF YOU HAVE RETURNED FROM TRAVEL OUTSIDE THE U.S. WITHIN THE LAST 14 DAYS

GO RETURN TO SCHOOL

<p>If you have any symptoms you may return when:</p> <ul style="list-style-type: none"> • You have had at least 24 hours with no fever (without taking medicine) AND • Your symptoms have improved AND • At least 10 days have passed since the day the symptoms first appeared 	<p>If you have been exposed to COVID-19 you may return 14 days after the last date of close contact with the infected person</p>	<p>If you have traveled within the last 14 days you may return 14 days after you arrived back in California</p>
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Children with non-infectious chronic conditions should not be excluded from attending school. For instance, a child with allergy symptoms may have congestion, but is not a reason to exclude that child from school. Please notify the school if your child has a chronic condition such as allergies, asthma, or migraines to prevent unnecessary exclusion. A doctor may diagnose an illness other than COVID-19 and provide a note for return to school earlier than 10 days. If there are questions about individual cases, contact your school nurse or health services

Sources:

- Considerations for Schools. Updated May 19, 2020. CDC
- Steps to prevent the spread of COVID-19 if you are sick. CDC
- Quarantine and Isolation. CDC

