STAY AT HOME AND RETURN TO SCHOOL REQUIREMENTS
For Students and Staff During COVID-19

Students are required to report COVID-19 illness or exposure to COVID-19 to their school attendance office.

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
• 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 within the last 14 days
• Have been diagnosed with COVID-19

3 FOR TRAVEL OUTSIDE THE LOCAL AREA
(i.e. more than 120 miles from one’s residence), the CDPH Travel Advisory strongly advises individuals stay home in self-quarantine for 14 days from the date they returned home, monitor health, and practice physical distancing. If you travel internationally, follow the requirements on the CDC COVID-19 Travel Recommendations by Destination, for your destination
WHEN TO RETURN TO SCHOOL:

1. **IF YOU HAD ANY SYMPTOMS YOU MAY RETURN TO SCHOOL AFTER**
   - You have had at least 24 hours with no fever (without taking medicine) AND
   - Your symptoms have improved AND
   - You have a negative Covid-19 test OR
   - Healthcare provider confirms an alternative diagnosis OR
   - At least 10 days have passed since the day the symptoms first appeared

2. **IF YOU HAVE BEEN EXPOSED TO COVID-19, YOU MAY RETURN TO SCHOOL:**
   - 14 days after the last date of close contact with the infected person

3. **IF YOU HAVE TRAVELED OUTSIDE OF THE LOCAL AREA WITHIN THE LAST 10 DAYS**
   - Individuals should self-quarantine for 10 days after returning from travel outside of the local area (see CDPH and CDC current guidelines)
   - For travel outside the local area (i.e. more than 120 miles from one’s residence) CDPH Travel Advisory strongly advises individuals to stay home in self-quarantine for 14 days from the date they returned home, monitor health, and practice physical distancing. If you travel internationally, follow the requirements on the CDC COVID-19 Travel Recommendations by Destination, for your destination.

Students are required to report Covid-19 illness or exposure to Covid-19 to their school attendance office.

Children with non-infectious chronic conditions should not be excluded from attending 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
- CDPH Travel Advisory
- CDC Travel Recommendations by Destination