

Guidelines Regarding a Sick Child

Dear Parent/Guardian(s):

In the morning before school, many parents need to decide if their child is well enough to attend school. When students come to school sick, they can often make other students and the school staff sick. These guidelines will assist you in the decision of whether to keep your child home or send them to school.

Stay Home	May Go to School When
COVID-19 Symptoms	
<p>If ONE of the following symptoms are present:</p> <ul style="list-style-type: none"> Cough Shortness of breath/difficulty breathing New loss of taste or smell <p>If TWO or more symptoms are present:</p> <ul style="list-style-type: none"> Fever of 100.4° F or above Chills Sore throat Muscle or body aches New onset of headache (with or without fever) Congestion or runny nose Fatigue Diarrhea Nausea or vomiting <p>Siblings and other people who live in your home and attend a MPS school will also need to stay home. By keeping students who are ill and students who have been exposed to COVID-19 away from others, we can stop the spread of the virus.</p>	<p>Symptomatic</p> <p>If your child was not tested or did not see their primary health care provider, they cannot return to school for 10 days.</p> <p>If your child was tested and tests positive OR your health care provider said they have COVID-19:</p> <ul style="list-style-type: none"> • 24 hours fever free (without fever reducing medication) AND improvement of symptoms AND at least 10 days have passed since symptoms first appeared, OR <p>If your child was tested and tests negative for COVID-19:</p> <ul style="list-style-type: none"> • Keep your child home until they are without symptoms, including no fever (100.4° F or less) for at least 24 hours without the use of any fever-reducing medication to lower temperature. Upon return, you must have documentation of a negative test. <p>Exposure</p> <p>If student is exposed to someone with COVID-19 they will not return to school until the following is met:</p> <ul style="list-style-type: none"> • Quarantine for 14 days • Monitor for COVID-19 symptoms • If your child become symptomatic during quarantine, talk to your health care provider or local health department
Symptoms (Child tested and tests negative for COVID-19 or symptoms are due to other illness)	
Fever of 100.4° F or above	Fever free from 24 hours without use of Tylenol/Ibuprofen or other fever-reducing medications.
Throwing up or vomiting	Free from vomiting for 24 hours and able to hold down food.
Uncontrollable diarrhea	Free from diarrhea for 12 hours.
Persistent coughing	Sleeping without waking to cough.
Rashes from unknown causes	Rash has a diagnosis, is being treated or has healed.
Headache	Headache is not significant and does not interrupt ability to open eyes and focus on schoolwork.
Any health concern where the child is unable to learn.	Able to focus with strength and vitality to learn.

These are some examples of health concerns where your child should stay home and when they may be ready to come to school. Your school wants your child to be in school if they are well enough to be there. Contact your local health department, health care provider, or school nurse if you have any further questions.

Sincerely, _____ (Signature/Title) Date: _____