

What are the steps when my child is ‘not feeling well’?

In an abundance of caution and helping to keep our school healthy and open, if your child has any concerning symptoms such as sore throat, nausea/vomiting, diarrhea, onset of intense headache, start with **keeping your child home. Keep their siblings home. From there:**

1. Communicate with school that you are keeping your child home. Virtual learning can be an option (not required) and Tina Woods can help direct you on how this works. twoods@veritasnc.org
2. Call or email the school nurse and discuss symptoms- mwack@veritasnc.org
Together we can navigate through the following guidelines:

If you are experiencing any of the following symptoms, we will ask that you be evaluated by a physician or remain home for 14 days from the start of the symptoms:

- Fever/Chills
- New cough (for students with chronic allergic/ asthmatic cough, a change in their cough from baseline)
- Loss of taste or smell
- Shortness of breath or difficulty breathing

If a physician determines that you have an alternative diagnosis other than Covid-19 (strep throat, sinus infection, ear infection, flu, ect..) or you have a lab-confirmed Covid-19 negative test result, you will be cleared to return to school once you are symptom free for 24 hours without the aid of fever-reducers.

If you have a Covid-19 positive test result, you may return to school when you have met all of the following: 10 days following the beginning of symptoms, 3 days symptom free and 3 days without fever-reducing medications.

Regardless of any of the above and as you return to school, please ensure that symptoms have cleared or are minimal (coughing, sneezing, running nose..)

Education For Exposures: (this is approached differently and can be the hardest to navigate)

- For any questions on this, keep your child (children) home and call the school nurse for clarification.
- An Exposure is considered anyone that has been with a positive Covid-19 confirmed individual for longer than 15 minutes **and** less than six feet, **masked or unmasked**.
- If the above applies to you, remain home from school for a full 14 days even if you test negative. Data states that infection can manifest anytime within 2-14 days of exposure. If you develop symptoms or test positive during this 14 day quarantine, then you may return to school 10 days following the start of the symptoms or positive test result (see above). This may extend your time at home.
- If a covid positive case is in your household (person living with you), everyone in the household is mandated to 14 days of quarantine with above guidelines, regardless of symptoms.