

Guidelines for Sick Children

Every morning, families should check their children for signs of illness. Use these guidelines to understand when to keep children home from school.

Stay Home (COVID-19 Symptoms)	Return to School
<p>If ONE of these symptoms is 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 ❑ Congestion or runny nose ❑ Fatigue ❑ Diarrhea ❑ Nausea or vomiting <p>Siblings and all individuals who live in your home and attend an MPS school must also stay home. Fully vaccinated siblings/household members (12 years of age or older) who are NOT showing symptoms are NOT required to quarantine or test and may return to school.</p>	<p>If a child shows COVID-19 symptoms but is not tested or does not see a health care provider, they cannot return to school for 10 days.</p> <p>If a child tests positive or a health care provider diagnoses COVID-19, they may return to school:</p> <ul style="list-style-type: none"> ➤ After 24 hours with no sign of fever (without fever-reducing medication such as acetaminophen or ibuprofen) ➤ And symptoms show improvement ➤ And at least 10 days have passed since symptoms first appeared <p>If a child shows symptoms but tests negative for COVID-19:</p> <ul style="list-style-type: none"> ➤ Keep your child home until they are without symptoms (including no fever for at least 24 hours without the use of fever-reducing medication). Upon return, you must provide documentation of a negative test. <p>If a student is exposed to someone with COVID-19, they may return to school when all the following are met:</p> <ul style="list-style-type: none"> ➤ Quarantine for 14 days ➤ Monitor for COVID-19 symptoms ➤ If your child becomes symptomatic during quarantine, talk to your health care provider or local health department about testing and next steps.

General Symptoms: Child is sick due to another illness and/or tests negative for COVID-19.

Stay Home (General Symptoms)	Return to School
Fever of 100.4° F or above	Fever has ended for at least 24 hours without use of fever-reducing medication such as acetaminophen or ibuprofen.
Vomiting	Vomiting has ended for at least 24 hours and child can hold down food.
Diarrhea	Diarrhea has ended for at least 12 hours.
Persistent cough	Child is able to sleep without waking to cough.
Rash	Rash has a diagnosis, is being treated, or has healed.
Headache	Headache does not affect ability to open eyes and focus on schoolwork.
Any health concern making the child unable to learn	Child is able to focus; feels strong and energetic enough to learn.

Contact your health department, health care provider, or school nurse if you have questions.