

# 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 <b>ONE</b> of these symptoms is present:</p> <ul style="list-style-type: none"> <li>❑ <b>Cough</b></li> <li>❑ <b>Shortness of breath/difficulty breathing</b></li> <li>❑ <b>New loss of taste or smell</b></li> </ul> <p>If <b>TWO</b> or more symptoms are present:</p> <ul style="list-style-type: none"> <li>❑ <b>Fever of 100.4° F or above</b></li> <li>❑ <b>Chills</b></li> <li>❑ <b>Sore throat</b></li> <li>❑ <b>Muscle or body aches</b></li> <li>❑ <b>New onset of headache</b></li> <li>❑ <b>Congestion or runny nose</b></li> <li>❑ <b>Fatigue</b></li> <li>❑ <b>Diarrhea</b></li> <li>❑ <b>Nausea or vomiting</b></li> </ul> <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"> <li>➤ <b>After 24 hours with no sign of fever (without fever-reducing medication such as acetaminophen or ibuprofen)</b></li> <li>➤ <b>And symptoms show improvement</b></li> <li>➤ <b>And at least 10 days have passed since symptoms first appeared</b></li> </ul> <p>If a child shows symptoms but tests negative for COVID-19:</p> <ul style="list-style-type: none"> <li>➤ <b>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.</b></li> </ul> <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"> <li>➤ <b>Quarantine for 14 days</b></li> <li>➤ <b>Monitor for COVID-19 symptoms</b></li> <li>➤ <b>If your child becomes symptomatic during quarantine, talk to your health care provider or local health department about testing and next steps.</b></li> </ul>

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

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