

# When to Keep Your Child Home From School

The following are guidelines to help you decide when to keep your child home from school. COVID-19 is a new virus, and sometimes it will be hard to differentiate between this virus and other illnesses. **If your child has any signs of illness, you must keep them at home and consult your healthcare provider.**

<b>Symptom:</b>	<b>Keep your child home if:</b>
<b>FEVER AND/OR CHILLS</b>	A temperature of 100.4 degrees or higher, AND/OR chills, muscle or body aches, paleness, unusual tiredness.
<b>STOMACH ACHE</b>	Nausea, vomiting, and/or diarrhea within the past 24 hrs.
<b>NASAL CONGESTION, SNEEZING AND/OR RUNNY NOSE</b>	Nasal congestion, sneezing, and/or a runny nose not explained by normal allergies.
<b>SORE THROAT</b>	Tender, swollen neck glands, and/or sore throat.
<b>COUGH, SHORTNESS OF BREATH, OR DIFFICULTY BREATHING</b>	Any type of cough
<b>HEADACHE</b>	Not explained by migraines or low blood sugar.
<b>EARACHE</b>	Constant or severe ear pain, ear discharge.
<b>RASH</b>	Any unusual rash on the body, toes/feet, and/or hands.
<b>EYES</b>	Any discharge or redness
<b>NEW LOSS OF SMELL AND/OR TASTE</b>	Any new loss of smell and/or taste
<b>If student or anyone in the household, has symptoms consistent with COVID-19, has been exposed to COVID-19, is being tested for COVID-19, or has tested positive for COVID-19 within the last 14 days</b>	See attached for symptoms, Close contact (within 6 feet for at least 15 minutes) of a positive or suspected case of COVID-19

Keeping ill children at home protects other children, their families, and the school staff from infection, which is particularly important during the COVID-19 pandemic. A child must be fever-free for 24 hrs without fever or pain-reducing medication before returning to school and if started on antibiotics 24 hrs after starting antibiotics.

# Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

**\*Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

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