

## SYMPTOMS

- Fever ( $\geq 100.0^{\circ}\text{F}$ ), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat when in combination with other symptoms
- Headache when in combination with other symptoms
- Muscle aches or body aches when in combination with other symptoms
- Nausea, vomiting, or diarrhea when in combination with other symptoms
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

# COVID & SCHOOLS

A Parent's  
Guide to  
Decision-  
Making During  
a Pandemic

## Who is Exempt from Quarantine?

In some specific scenarios, the following people would not need to quarantine if exposed to a person who has tested + for COVID:

- ❖ Fully vaccinated people who have NO SYMPTOMS after their exposure
- ❖ Classroom contacts who are 3 -6 ft. away from the positive person while both the positive person and the contact were wearing masks
- ❖ Students who are exposed on school buses, where both parties are masked, and have windows open
- ❖ Individuals who have tested + for COVID within the previous 90 days



COVID-19  
Testing Sites:



## My child has COVID-like symptoms but was not a close contact to a person with COVID-19 (that we know of):

Child **must stay home**. Call school absence line, leave reason for absence & call back number, contact your child's school nurse

Your child must get a **PCR test**. APS does not accept results from antigen or antibody testing for symptomatic students. Child must quarantine at home while awaiting results.

Result  
positive

Result  
negative

Self-isolate for 10 days from symptom onset. At least 24 hours fever-free, improvement in symptoms, & clearance by the Board of Health or school nurse prior to returning to school

Send negative result to the school nurse. Based on the alternate diagnosis, a determination will be made by the school nurse when your child may return to school

If your child is not tested, but experiences symptoms of COVID-19, they must self-isolate for 10 days from symptom onset. They must have at least 24 hours without fever, improvement in symptoms, & clearance by school nurse prior to returning to school

### What is “Test and Stay?”

“Test and Stay” is meant for students who were exposed to a positive person in the school setting. It was developed by the Department of Elementary and Secondary Education in collaboration with the MA Department of Public Health. These agencies have determined that this protocol is a safe alternative to at-home isolation, minimizing the time students are out of school. However, quarantine is still strongly recommended outside of the school setting.

“Test and Stay” allows students who have been designated as close contacts to a person with COVID-19 to stay in school as long as they meet certain criteria.

Parent must consent for their child to be tested daily at school during the “test and Stay” period in order for their child to be eligible and to participate. Parents who choose not to have their child participate must follow current Dept. of Public Health guidelines for quarantine.

### I do not want my child participating in “Test and Stay” – OR – My child was exposed to a COVID-19 positive person outside of school. What should I do?

Students who were determined to be close contacts but are NOT participating in, or are ineligible for the “Test and Stay” protocol must:

- Quarantine for at least 7 days after their date of exposure (day of exposure = day 0).
- After 7 days of quarantine, students may return on day 8 if:
  - They have remained completely symptom-free
  - They received a negative PCR COVID test on day 5 or after
  - Receive approval to return from their school nurse
  - Conduct active monitoring for symptoms for a full 14 days after their exposure
- For those wishing to avoid all COVID testing for their child, the child must quarantine at home for at least 10 days from their exposure, remain symptom-free, conduct monitoring for a full 14 days, and receive clearance from their school nurse prior to returning to school.

### My child was a close contact to a person with COVID-19 at school & does not meet criteria on 1<sup>st</sup> page for quarantine exemption. They have NO symptoms. What do I do?

Close contacts can remain in school, do not have to quarantine, and may instead participate in “Test and Stay” as long as:

1. They do NOT have ANY symptoms
2. Wear a mask in school at ALL times, unless actively eating or drinking
3. Present to health office each morning and take a BinaxNOW rapid test and receive a negative result for days 1-7. Day of exposure = day 0.
4. Parents must conduct active monitoring for ANY symptom development for a full 14 days after exposure to positive person

If the child develops symptoms at any point during the 14 day period:

- They must not come to school
- They must get a PCR test
- They must present PCR test results to school nurse. Students with positive results will require isolation per the Board of Health. Students with negative results may return to school after approval from school nurse.

### My child was a close contact to a person with COVID-19 at school, & does not meet criteria on 1<sup>st</sup> page for quarantine exemption. They now HAVE COVID-like symptoms. What do I do?

- Your child should remain home from school and get a PCR test
- If the test is negative, they must remain out of school until their symptoms have been resolved for a full 24 hours
- Once they return, they should participate in “Test and Stay”
  
- If parents choose not to participate in “Test and Stay”, the child may return on day 8 of quarantine if they have a PCR test done on day 5 or after.
- For parents who decline all testing, the child must isolate for at least 10 days and receive clearance from their school nurse to return to school

Not all scenarios can be covered here. Please contact your school nurse for further guidance.



### My family is traveling – do I need to do anything special for my child to return to school?

Your family should follow [travel guidelines](#) outlines by the CDC