

This flowchart was created based on [DPH/DESE Guidelines](#)

## 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
- Muscle aches or body aches
- Sore or scratchy throat when in combination with other symptoms
- Sneezing when in combination with other symptoms
- Headache 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
- ❖ Fully vaccinated = Completed primary series of Pfizer or Moderna vaccine or single dose of J&J vaccine at least 2 weeks ago
- ❖ Individuals who have tested + for COVID within the previous 90 days



COVID-19  
Testing Sites:



## My child has COVID-like symptoms at home:

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

Your child should be tested for COVID-19 using either a PCR or antigen test. Home antigen tests are accepted.

Result  
positive

Result  
negative

Self-isolate for at least 5 days from symptom onset. At least 24 hours fever-free, improvement in symptoms, & clearance by the school nurse prior to returning to school

Inform school nurse of result. At least 24 hours fever-free, improvement in symptoms, & clearance by the school nurse prior to returning to school

If your child is not tested, but experiences symptoms of COVID-19, they must self-isolate for 5 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

### **My child tested positive for COVID-19**

Individuals who test positive for COVID-19 must self-isolate from others for a minimum of 5 days after symptom onset, or from their test date if no symptoms are present.

Students may return to school on day 6 if :

- They have been fever-free for 24 hours without fever-reducing medications
- Their symptoms have improved
- They adhere to strict mask wearing for an additional 5 days around others
- Receive clearance from their school nurse

Repeat testing prior to returning to school is not recommended by DESE/DPH

### **My child developed symptoms of COVID-19 while at school**

Students who display symptoms of COVID-19 while at school will be dismissed from school. Prior to dismissal, with parental consent, students may be tested using a rapid antigen test. Any student dismissed from school with COVID-like symptoms, regardless of a negative test at school, must:

- Remain home from school the day following their dismissal
- Must take another COVID test (either PCR or antigen) the day following their dismissal from school

If student receives another (a 2<sup>nd</sup>) negative test result, they may return to school after:

- Their symptoms have improved
- They have remained fever-free for 24 hours without the use of fever-reducing medications
- Receive clearance from their school nurse

Parents **MUST** sign an [electronic consent form](#) for their child to be tested at school.

Please fill out the form [here](#)



### **My child was exposed to a COVID-19 positive person outside of school. What should I do?**

Vaccinated individuals do not need to quarantine if they are feeling well and are symptom-free. Actively monitor for symptoms for 10 days after their exposure, and self-isolate if symptoms develop. Adhere to strict mask wearing for 10 days.

Unvaccinated or partially vaccinated individuals must quarantine at home for 5 days after their date of exposure (day of exposure = day 0).

After 5 days of quarantine, students may return on day 6 if:

- They have remained completely symptom-free
- Receive approval to return from their school nurse
- Conduct active monitoring for symptoms for a full 10 days after their exposure
- Adhere to strict mask wearing for additional 5 days.

All individuals, regardless of vaccine status, are strongly encouraged to test for COVID on day 5 after their exposure.

### **Someone in my household has COVID-19 and my child is not fully vaccinated. The positive individual cannot isolate from my child. What should I do?**

- If a household contact cannot isolate, then your child's quarantine period starts after household contact's isolation period ends.

Ex. Adult family member has COVID-19 but cannot isolate from child. Adult family member completes 5-day isolation period, followed by strict mask wearing for 5 days. Child quarantines throughout adult's isolation period, and then starts their quarantine period when adult is out of isolation (child's day "0" is adult caregiver's day "5")

**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