

Dear Parents,

If your child is not feeling well and will not be attending school, please notify the main office. Because of the current public health risk of COVID-19, we are asking all families to share the symptoms your child is experiencing. Please see below for helpful information on your child returning to school after being sick.

### **Guidelines for returning to school after being sick**

**Low Risk:**

New Headache  
Muscle/body aches  
Runny nose/congestion  
Nausea/vomiting/diarrhea  
Any of above symptoms present  
Beyond typical symptoms (ie: allergies)

**High Risk:**

New, uncontrolled cough  
Shortness of breath or difficulty breathing  
(not exercise induced asthma)  
Fever (100.4 or higher), Chills, rigors  
Loss of Taste or Smell  
Sore Throat

1. If your child has 1 low risk symptom and no known exposure to COVID, your child may return to school 24 hours after the symptom improves without the use of medication.
2. If your child has 2 or more low risk symptoms or 1 high risk symptom with no known exposure to COVID, you should call your child's PCP for guidance and present a note from the Doctor to return to school.

Thank you so much for your help and cooperation during this time. It is very important that we all work together to keep our school district safe!