



# ILLNESS GUIDE

## COVID RELATED ILLNESSES

GUIDANCE FOR COVID-19 SYMPTOMS	CHILD MUST STAY HOME?
<p><b>COVID-19 symptoms must be fully resolved before a child returns to school:</b></p> <ul style="list-style-type: none"> <li>• Feeling Feverish, having chills or Fever (Temperature of 100.4°F or greater. Babies who are four months or younger need to see a doctor right away for a fever of 100°F or higher)</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Nausea, Vomiting/Throwing Up</li> <li>• Diarrhea (frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicine)</li> <li>• Cough*</li> </ul>	<p>Yes – These symptoms are often present in individuals with COVID-19 and other contagious infectious diseases, and a person with any of these symptoms (whether new or worsening from baseline) should first receive a PCR/diagnostic test for COVID-19.</p> <p>If the test is positive, the child will need to quarantine for 10 days (a positive test result is day zero). Please contact a member of the administration.</p> <p>If the test is negative and the illness is not explained by a new illness or a known chronic condition, the ill individual should still stay home until symptoms have been resolved for at least 24 hours without medication.</p> <p>If an immediate family member tests positive or your child is in close contact with someone who is covid positive, please contact a member of the administration.</p> <p>*Students may return if the cough is not fully resolved following a discussion with a care provider.</p>
<p><b>COVID-19 symptoms must be improving before a child or staff member returns to school:</b></p> <ul style="list-style-type: none"> <li>• Sore throat</li> <li>• Runny nose/congestion</li> <li>• Muscle/body aches</li> <li>• Headache</li> <li>• Fatigue</li> <li>• New loss of taste or smell</li> </ul>	<p>Yes – These symptoms are often present in individuals with COVID-19, and a person with any of these symptoms (whether new or worsening from baseline) should receive a diagnostic test for COVID-19. If all symptoms are consistent with the usual symptoms of a known chronic condition and the child is otherwise well enough to return to school, no further evaluation is necessary.</p>



## NON-COVID RELATED ILLNESSES

These policies were created using information from the resource "How Sick is Too Sick" provided by the Colorado Department of Public Health & Environment. Although the list is extensive, it cannot capture all of the situations that may warrant exclusion. The document also states:

There are four main reasons to keep a child at home:

1. The child is at risk of infecting others with COVID-19 or another contagious illness, either because of symptoms or recent close contact.
2. The child does not feel well enough to take part in usual activities. For example, a child is overly tired, fussy, or will not stop crying.
3. A child needs more care than teachers and staff can give while still caring for the other children.
4. The child or caregiver at home has symptoms or an illness on this list, and staying home is required.

GUIDANCE FOR SYMPTOMS NOT DUE TO A SPECIFIC DISEASE, FOLLOWING A NEGATIVE COVID TEST	CHILD MUST STAY HOME?
<p><b>Diarrhea</b></p> <p>Frequent (Two in an hour or three in a day), loose, or watery stools compared to normal ones</p>	<p>Yes – Unless the diarrhea is related to an existing chronic condition, is explained by a diagnosed condition not requiring the child to stay home, or is consistent with the child's baseline.</p> <p>The child may return to school 24-hours after their last episode of diarrhea unless the diarrhea is caused by an illness that requires them to stay home longer. If the diarrhea is explained by a specific illness, then the child can return to school following exclusion guidelines for that illness.</p>
<p><b>Fever</b></p> <p>Fever is a temperature of 100.4°F or greater. Babies who are four months or younger need to see a doctor right away for a fever of 100°F or higher.</p>	<p>Yes – The child may return to school if the fever has been resolved for 24 hours without fever-reducing medications unless the fever is caused by an illness that requires them to stay home longer.</p>



## NON-COVID RELATED ILLNESSES

GUIDANCE FOR SYMPTOMS NOT DUE TO A SPECIFIC DISEASE, FOLLOWING A NEGATIVE COVID TEST	CHILD MUST STAY HOME?
<p><b>Vomiting/Throwing Up</b></p>	<p>Yes – Unless the vomiting is related to an existing chronic condition or is explained by a diagnosed condition not requiring the person to stay home. If the vomiting is unexplained and inconsistent with the person’s baseline state of health, the child may return 24 hours after their last episode of vomiting. If the vomiting can be explained by a specific illness, then follow the exclusion guidelines for that illness.</p> <p>If a child with a recent head injury vomits, seek medical attention.</p>
<p><b>Fifth’s Disease</b> (parvovirus)</p>	<p>No – The illness is no longer contagious once the rash appears.</p>
<p><b>Hand Foot and Mouth Disease</b> (Coxsackie virus)</p>	<p>No - Unless the child or adult has mouth sores, has uncontrollable drooling, open sores, or is not able to take part in usual activities.</p>
<p><b>Flu-like Symptoms</b></p> <ul style="list-style-type: none"> <li>• Fever</li> <li>• Sore throat</li> <li>• Runny nose or congestion</li> </ul> <p>*If your child tests positive for any type of flu please see "influenza" below.</p>	<p>Yes - The child may return to school as long as they are fever-free for 24-hours without the use of fever-reducing medications and other symptoms are improving unless the symptoms are caused by an illness that requires them to stay home longer. If the symptoms can be explained by a specific illness, then follow the exclusion guidelines for that illness. In consultation with a healthcare provider, additional evaluation for flu-like illnesses, sore throat, and upper respiratory symptoms may be appropriate, including evaluation for strep throat.</p>



## NON-COVID RELATED ILLNESSES

GUIDANCE FOR SYMPTOMS NOT DUE TO A SPECIFIC DISEASE, FOLLOWING A NEGATIVE COVID TEST	CHILD MUST STAY HOME?
<p><b>Head Lice or Scabies</b></p> <p>*If your child or someone in your household develops lice or scabies, please contact a member of the administration</p>	<p>Yes - The child cannot return until after they have had the first treatment.</p>
<p><b>Strep Throat</b></p>	<p>Yes - The child may return 12-hours after starting antibiotics.</p>
<p><b>Influenza</b></p> <p>*If your child or someone in your household tests positive for any flu-type, please contact a member of the administration</p>	<p>Yes - The child should remain out of school until they are fever-free for 24-hours without the use of fever-reducing medications and other symptoms have been improving for 24-hours.</p>
<p><b>Croup, RSV</b></p> <p>*If your child or someone in your household has croup or RSV, please contact a member of the administration</p>	<p>Yes- It is recommended that the child remains out of school until they are fever-free for 24 hours without the use of fever-reducing medications and other symptoms have been improving for 24 hours.</p>
<p><b>Roseola</b></p>	<p>No - Unless there is a fever or behavior changes.</p>

