

## **UPDATE to COVID information:**

**Effective immediately please follow these guidelines if your child is ill.**

**PLEASE NOTE: COVID is now being treated like any illness from the CDC. You DO NOT have to be home for 5 days in isolation unless your child still has a fever and/or their symptoms are not improving!**

- Individuals should stay home and away from others, including people they live with who are not sick, if they have respiratory virus symptoms that are not better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache.
  
- Individuals can go back to normal activities when, for at least 24 hours, both of the following are true:
  - o Symptoms are getting better overall, and
  - o They no longer have a fever without the use of fever-reducing medication.
  
- When going back to normal activities, individuals should take added precautions over the next 5 days, including taking additional steps for cleaner air, hygiene, masks, physical distancing, and testing when they will be around other people, especially older adults, young children, and those with weakened immune systems.
  
- Keep in mind that people may still be able to spread the virus that made them sick, even if they are feeling better, so it is important to take extra precautions after resuming normal activities.
  
- If individuals develop a fever or start to feel worse, they should stay home and away from others again. They should use the same criteria for returning to normal activities as when they first had symptoms and take added precautions over the next 5 days.

Any questions or concerns about your child's return to school please reach out to our school nurses.

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