

When to Stay Home or Return Related To COVID-19

South Central Calhoun Health Services

In general, students should stay home from school / activities when they are sick according to the [Sick Day Guidelines](#). Below summarizes guidance specifically related to COVID-19, based on guidance from IDPH regarding [Evaluating Sick Staff & Students](#).

Parents should evaluate their children's symptoms daily before coming to school/ activities. It's recommended to take your child's temperature at home before coming to school.

Stay home when:

You have any high risk symptoms:

- New Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste or smells

You have two or more low risk symptoms or your symptoms are not within your "norm"

- headache
- muscle / body aches
- fatigue
- sore throat
- runny nose
- fever or chills - do not come to school if you have a temp ≥ 100.4 regardless if you don't have other symptoms
- sinus pain/ congestion
- nausea
- vomiting
- diarrhea

You have been in "close contact" with someone positive with COVID-19.

Close contact is defined as being within 6 feet for more than 15 minutes of someone positive for COVID-19

Next Steps:

- 1 Call the school secretary and report your symptoms and/ or exposure to COVID-19.
- 2 Call your healthcare provider or Public Health for guidance if you should be tested for COVID-19, and follow their guidance.
- 3 Use the [Self-screening Symptom Tracker](#) to track your symptoms. Take your temperature twice a day if you have been exposed.

Individuals previously diagnosed positive for COVID-19 within the past 12 weeks, and were exposed to a COVID-19 case, do not need to quarantine

Per IDPH, staff determined as critical personnel may be allowed to work in certain circumstances as long as they remain asymptomatic and wear a mask

Return to School:

A school nurse or other designated school staff will contact you to discuss & determine appropriate return to school date.

Maintain physical distance (at least 6 feet) from others

QUARANTINE

A person who has had "close contact" with a person with COVID-19 must not return to school buildings or activities until the following criteria have been met.

- Stay home until 14 days after last exposure
- Check temperature twice a day, monitor for symptoms of COVID every day, use the [Self-symptom Tracker](#) to track symptoms
- If you become ill, contact your provider and/public health for guidance
- If tested, regardless of your test result, you have been exposed and still need to remain quarantined for 14 days. A negative result does not negate the need to quarantine.
- Wearing a face covering does not negate the need to quarantine.

ISOLATION

A person who has tested positive, waiting for test results or is symptomatic of COVID-19, must not return to school buildings or activities until the following criteria have been met.

- **No fever** for at least 24 hours without the use of medicine that reduces fevers
- Other **symptoms** have improved (i.e. when your cough or shortness of breath has improved)
- **At least 10 days** have passed since your symptoms first appeared.

Note: if you have symptoms of COVID-19, without known exposure, and your test is NEGATIVE, you may go back to daily activities 24 hours after your fever and other symptoms RESOLVE according to the [sick day guidelines](#)