

LCSD#2 COVID-19

Guidelines For Return To School / Work After Sickness

September 17, 2020

If you exhibit symptoms, but do not get tested:

- You must stay home for 72 hours **or** provide a doctors' note releasing you to return to school/work within that 72 hours **or** receive permission from a school nurse or the superintendent; **AND**
- At least 24 hours with no fever without fever-reducing medications; **AND**
- Symptoms have improved

If your symptoms persist and you choose not to get tested or see a doctor, you can return to school/work after:

- At least 10 days since symptoms first appeared; **AND**
- At least 24 hours with no fever without fever-reducing medications; **AND**
- Symptoms have improved

COVID mimics several illnesses. School nurses will use the High-risk / Low-risk likelihood of COVID infection chart to guide decisions.

- **High-risk: Fever, chills, shortness of breath or difficulty breathing or new loss of taste or smell.**
- **Low-risk: Sore throat, runny nose, muscle aches, headache, fatigue, abdominal pain, vomiting or diarrhea.**



COVID-19

Symptoms

- Cough
- Shortness of breath or difficulty breathing
- Fever of 100.4 or higher, chills or a sense of having a fever
- Sore throat
- New loss of taste or smell
- Muscle or body aches
- Headache
- Nausea/vomiting/diarrhea
- Congestion or runny nose, not related to seasonal allergies
- Unusual fatigue