



## **STAY HOME RULE OF THUMB**

First and foremost, anyone (staff, students, athletes, visitors, etc) with any signs or symptoms of illness needs to stay home as COVID-19 is not easily distinguishable from other infectious illnesses. Consider contacting your healthcare provider for testing and/or treatment.

## **COVID SYMPTOMS**

**MORE COMMON:** fever of 100.4 degrees Fahrenheit or higher; new cough or cough that gets worse; difficulty/hard time breathing; new loss of taste or smell

**LESS COMMON:** (and often mistaken for allergies or just a cold): new nasal congestion/stuffy or runny nose; sore throat; new severe/very bad headache; extreme fatigue/feeling very tired; nausea; vomiting; diarrhea; chills

One LESS common symptom and well enough to participate in full day of school:

- Can remain at school
- No exclusion for individual or siblings

One LESS common symptom and not well enough to participate in full day of school:

- Stay home
- Consider testing and treatment from healthcare provider
- Siblings do NOT need to stay home

One MORE common symptom OR two LESS common symptoms OR ANY symptom during day 8-14 of shortened quarantine:

- Stay home
- Contact healthcare provider for testing and/or treatment
- Siblings need to stay home if they are not fully vaccinated or had a lab confirmed positive COVID test in the last 90 days (proof required)