

When to Stay Home or Return Related To COVID-19

Dallas Center-Grimes CSD

In general, students should stay home from school or school activities when they are sick. Below summarizes guidance specifically related to COVID-19, based on guidance from IDPH regarding [Evaluating Sick Staff & Students](#). Parents should monitor their children's symptoms daily before coming to school or attending school activities to determine if they are well enough to attend. It is recommended to take your child's temperature 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/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 for guidance if you should be tested for COVID-19, and follow their guidance.
- 3 Use the [DCG COVID-19 Wellness Screener](#) 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 3 months, and were exposed to a COVID-19 case, do not need to quarantine

Per IDPH, school staff determined as critical personnel may be allowed to work in certain circumstances if a sub is not available - as long as they remain asymptomatic and wear a mask

If your healthcare provider determines you do not need a COVID test and provides an alternative diagnosis, treat the illness based on your alternative diagnosis. Please request a doctor's note with this alternative diagnosis given by your child's provider, and provide a copy of the note to the school. You may contact your school nurse to discuss provider's recommendation.

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 daily.
- 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 ALL 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**.