

# COVID 19 Daily Home Monitoring Checklist for Students

## (See County Health Department COVID 19 Rules)

1. Have you been notified that your child was a **close contact** of someone who tested positive or was diagnosed with COVID 19 in the last 14 days? (see **close contact** definition on the back of this page)
  - Yes:
    - **Your child should stay home.**
    - **Report your child's absence to school.**
    - **Follow COVID 19 rules.**
  - No: Go to question 2.
2. Has your child been **diagnosed with COVID 19** by a healthcare provider in the last 10 days?
  - Yes:
    - **Your child should stay home.**
    - **Report your child's absence to school.**
    - **Follow COVID 19 rules.**
  - No: Go to question 3.
3. Has your child developed **any** of the following symptoms (beyond what is normal for your child★) in the past 24 hours?
  - Cough • Shortness of breath or trouble breathing • New loss of sense of taste or smell
  - Yes:
    - **Your child should stay home.**
    - **Report your child's absence to school.**
    - **Call your child's health care provider.△**
    - **Follow COVID 19 rules.**
  - No: Go to question 4.
4. Has your child developed **any 2 or more** of the following symptoms (beyond what is normal for your child★) in the past 24 hours?
  - Sore throat • Fatigue • Muscle or body aches • Headache
  - Runny nose or nasal congestion • Fever (temp of 100.4 or higher) or chills/shivering▲
  - Nausea or vomiting▲ • Diarrhea▲
  - Yes:
    - **Your child should stay home.**
    - **Report your child's absence to school.**
    - **Call your child's health care provider.△**
    - **Follow COVID 19 rules.**
  - No: Your child may be at school.

★Your child may have some "COVID like" symptoms due to a known health condition. For example, children with known allergies or asthma may normally have times when they experience coughing, runny nose, or congestion. Or some children have frequent headaches or nausea due to anxiety so that is a known health condition for that child. It is important that you share information about your child's known health conditions with the school.

△If your child's healthcare provider diagnoses an illness other than COVID 19 then follow the return to school instructions for that specific illness and provide the doctor excuse note to school.

▲ ***A child with a fever must be fever free without the use of fever reducing medication for at least 24 hours before returning to school. A child must not vomit or have diarrhea for at least 24 hours before returning to school.***

\*\*Checklist subject to change based on new information and guidelines from Public Health



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### **SHOULD I KEEP MY CHILD HOME OR SEND HIM/HER TO SCHOOL?**

In order to help prevent spread a variety of illnesses within the school, children must stay home when they are sick. To help the school monitor for trends of illness, we ask that when calling about your child's absence, please share the category of illness the student is experiencing, this will be kept confidential. **Please keep your child home from school if he/she experiences any of the following new and/or unusual symptoms:**

- Cough\*
- Shortness of breath\*
- Difficulty breathing\*
- New loss of smell or taste\*
- Fever of 100.4 or higher\*\*
- Nausea, vomiting, or diarrhea\*\*
- Chills\*\*
- Muscle aches or body aches\*\*
- Fatigue\*\*
- Headache\*\*
- Sore throat\*\*
- Congestion or runny nose\*\*
- Thick and/or colored nasal drainage
- Poor appetite
- Rash
- Severe ear ache (unable to concentrate)

\*Stay home with one or more of these COVID-19 symptoms

\*\*Stay home with two or more of these COVID-19 symptoms

### **WHEN CAN MY CHILD RETURN TO SCHOOL?**

#### **24 Hour Rule**

It is always best to **wait at least 24 hours after your child is feeling better** before sending them back to school. For COVID-19, please see COVID-19 Rules below. Examples of the 24 hour rule include:

- A child should have no fever for 24 hours (without fever reducing medication) before returning to school.
- A child who had vomiting or diarrhea should not return to school until 24 hours after the last time he/she vomited or had diarrhea.
- If a child is given antibiotics for an illness such as ear infection or strep throat, they should not return to school until at least 24 hours after the first dose of antibiotic.

#### **COVID-19 Rules**

COVID-19 has changed some of the rules for returning to school. Here are the COVID-19 rules.

- If a child has symptoms of COVID-19, please keep child home. **COVID-19 testing is encouraged.**
- If a child is being tested for COVID-19, child should remain home **while waiting for results.**
- If a child's COVID-19 test results are **positive**, child should remain home for at least 10 days from when symptoms started to appear. After 10 days, follow the 24 hour rule above.
- If a child's COVID-19 test results are **negative** (child is not a close contact to someone who tested positive) and child has been diagnosed with another illness, follow the 24 hour rule above.
- If a child has COVID-19 symptoms as listed above, but is **unable to be tested** for COVID-19, please keep child home for at least 10 days from when symptoms started. After 10 days follow 24 hour rule.
- If a child has been a **close contact** to someone who has tested positive for COVID-19, please keep them home for 14 days following their last contact with the person who tested positive. If child develops symptoms during this time, please notify the health department.
- If someone in the **household** has tested positive for COVID-19, child should not return to school until at least 14 days (regardless of test results) after person who tested positive is released from isolation. If child develops symptoms during this time, please notify the health department.