

**Prince George's County Public Schools**  
**Department of Student Services**  
**Office of School Health**

**WHEN TO KEEP YOUR CHILD HOME FROM SCHOOL**

Sick children need to be kept home from school. Resting at home will help them get better more quickly and will prevent them from exposing other children or the staff to their illness.

**Keep your child home and consult with your child's Primary Care Provider if he or she:**

1. Has a temperature greater than 100.4°F taken with an oral thermometer
2. Has nausea (upset stomach) or vomiting
3. Has diarrhea (frequent, loose, watery stools) Symptoms may include cramps, bloating, nausea and an urgent need to have a bowel movement.
4. Has stomach pain that is constant. If vomiting starts after the pain begins (call your healthcare provider that day)
5. Has a headache that is interfering with activities
6. Has a sore throat that causes difficulty swallowing
7. Has yellow discharge on eyelashes in the morning that comes back after being wiped off of lashes and eyes that are red (call your health care provider for an appointment the day this is observed)
8. Has a skin rash that causes itching and/or is on most of the body
9. Has a constant cough and/or difficulty breathing
10. Is complaining of feeling ill, has a lack of energy and/or a decrease in activity
11. **If your child has COVID symptoms:** Fever 100.4 or greater, cough, shortness of breath, fatigue, muscle or body aches, headache, congestion or runny nose, sore throat, nausea or vomiting, diarrhea, or a new loss of taste and/or smell. **Stay home and contact your child's doctor ASAP.** Your child will need to be tested. Please notify your child's school nurse or the Office of School Health at (301) 749-4722 if your child has tested positive for COVID

**What to do if your child has these signs of illness:**

If your child has symptoms for more than 24 hours or if the symptoms become worse, call your healthcare provider for an appointment. Follow your healthcare provider's advice on administering over the counter medications. Follow your health care provider's advice on when your child can safely return to school. Please notify your child's school nurse or the Office of School Health at (301) 749-4722 if your child has **tested positive for COVID**

**What will happen if your child gets sick at school?**

If your child gets sick at school he/she will be seen by the nurse. The nurse will do an assessment to determine what is wrong with your child. If the nurses' assessment confirms your child is sick, then you will be called to come pick him/her up. Therefore, it is important that you provide the school with up-to-date information and phone numbers. If you are not available to pick up your child, it is important that the school have emergency contact phone numbers of persons that can pick up your child in your absence. Be sure to give this information to the Registrar at your child's school. **Please Note:** If your child has COVID symptoms he/she may be placed in isolation and you will be contacted to pick your child up as soon as possible and asked to see your child's Primary Care Physician. Due to the COVID pandemic your school nurse may be assisting children who are in isolation or your school Health room may be full. Your school nurse will accommodate sick children as soon as possible. If your child is sick in the morning please do not send them to school and risk their health or the health of others even more.

### **When may your child return to school?**

Your child may return to school when your health care provider says he/she can (documentation from the health care provider may be needed), when symptoms are gone for 24 hours or if your child has taken the antibiotic prescribed by the provider for a full twenty-four hours. Keep your child home until his or her fever has been gone for 24 hours without medication. Please call your school nurse if you have any questions about this information.

**Note:** Per the CDC's recommendations if your child **has COVID symptoms and a positive test** he or she must stay home (isolate) until he/she has:

- 24 hours with no fever without fever reducing medications **and**
- Respiratory symptoms have improved **and**
- 10 days since symptoms first appeared

**Note:** Your child was sent home with **COVID symptoms but NOT tested:**

- The ill person should stay home at least 10 days since symptoms first appeared **and**
- Until no fever for at least 24 hours without fever-reducing medication **and**
- Improvement of other symptoms.

**Note:** If your child is tested, and the **COVID Test is negative**, he/she can be around others when he/she:

- has no fever **and**
- respiratory symptoms have improved **and**
- he/she has received two negative test results in a row, at least 24 hours apart.

**Note:** If your child has **tested positive for COVID but has no symptoms** then your child can return to school when he/she has:

- Continue to have no symptoms **and no reexposure to COVID symptoms**
- 10 days have passed since test **OR**
- he/she has received two negative test results in a row, at least 24 hours apart.

For more ways to protect your child see:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/protect-children.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

Health Department COVID-19 Testing:

The Prince George's County Health Department offers **FREE COVID-19 tests for individuals with or without symptoms** that have been exposed to or suspected to have been exposed to a COVID-19-positive person.

Patients do not need an appointment or a doctor's prescription to get tested. All County-run testing sites accommodate testing for those in a car or on foot.

Call the **coronavirus hotline at 301-883-6627** between the hours of **8:00 AM to 8:00 PM** if you have questions about the County's testing program.