



## WHEN TO STAY HOME FROM SCHOOL/WORK

**We highly encourage you to monitor your health daily. If you or your child are feeling ill, please DO NOT report to work/school and risk your health or the health of others. Resting at home will help you get better and will prevent you from exposing other children or the staff to illness.**

**Students/Staff should stay home and consult with their Primary Care Provider if you have:**

1. **COVID-19 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 doctor ASAP. We highly recommend that students/staff go for COVID testing.**
2. A temperature greater than 100.4°F taken with an oral thermometer
3. Nausea (upset stomach) or vomiting
4. Diarrhea (frequent, loose, watery stools). Symptoms may include cramps, bloating, nausea and an urgent need to have a bowel movement
5. Stomach pain that is constant. If vomiting starts after the pain begins (call your healthcare provider that day)
6. A headache that is interfering with activities
7. A sore throat that causes difficulty swallowing
8. Yellow discharge on eyelashes in the morning that returns after being cleaned, and eyes that are red (call your health care provider for an appointment the day this is observed)
9. A skin rash that causes itching and/or is located on most of the body
10. A constant cough and/or difficulty breathing
11. A complaint of feeling ill, a lack of energy and/or a decrease in activity

Please notify the school nurse or the Office of School Health at (301) 749-4722 of a positive COVID test result.

### **What to do if students/staff have these signs of illness:**

If students/staff have 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 you can safely return to school. Please notify the school nurse or the Office of School Health at (301) 749-4722 if the student/staff has **tested positive for COVID.**

### **What will happen if a student/staff gets sick at school?**

If a student/staff gets sick at school, they will be seen by the school nurse or sent home by the administrator. The school nurse will do an assessment to determine next steps. If the school nurses' assessment confirms that the student/staff is sick, they will be sent home.

**For students,** it is important that the parent/guardian 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.

**For staff**, it is important that the school principal have emergency contact phone numbers of persons that can pick you up in case of an emergency. Follow the PGCPs algorithm for staff who have COVID-Like Illness and follow up with your healthcare provider.

### **When may the student/staff return to school?**

The student/staff may return to school when the health care provider clears the student/staff for return to the school building (documentation from the health care provider may be needed), when symptoms have resolved for at least 24 hours or if the student/staff has taken the antibiotic prescribed by the provider for a full 24 hours. Stay home until the 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 the student/staff **has COVID symptoms and a positive test** he or she must stay home (isolate) until the following:

- At least 10 days have passed since symptoms first appeared **AND**
- At least 24 hours have passed with no fever without the use of fever reducing medications **AND**
- All other symptoms (e.g. cough, shortness of breath) have improved **AND**
- Documented negative PCR test result

**Note:** If the student/staff was sent home with **COVID symptoms but NOT tested:**

- The ill person should stay home at least 10 days since symptoms first appeared may return on **Day 11 AND**
- They are fever free for 24 hours without fever-reducing medication **AND**
- Improvement of other symptoms.

**Note:** If the student/staff is tested, and the **COVID Test is negative**, he/she can return to school if:

- They are fever free for 24 hours without the use of fever-reducing medications **AND**
- All other symptoms have improved related to this event/diagnosis for 24 hours

**Note:** If the student/staff has **tested positive for COVID but has no symptoms**, they can return to school on **Day 11** with a negative PCR test result or provider clearance form **if they**

- continue to have no symptoms **AND**
- no additional exposure to COVID positive persons

### **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.

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>