

# COVID-19 Facts for Families

All FCS students and staff are encouraged to wear a mask and follow guidance related to COVID-19 from their healthcare providers or the Department of Public Health.

Please do NOT send your children to school if they are sick and exhibiting any symptoms of COVID-19.

## Symptoms of COVID-19 include:

Any one of the following: fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, sore throat, congestion or runny nose, nausea, vomiting, diarrhea or a new loss of taste or smell.

If your child is being tested for COVID-19, they must stay home until the test results are received.

## Positive Tests

- If your child tests positive, immediately advise your child's school. The school will provide you with a return to school date for your child.
- Positive students MUST stay home for at least 5 calendar days since symptoms first appeared or 5 calendar days since positive test date, if asymptomatic. The last 24 hours must be fever free without the use of fever reducing medications and other symptoms have improved (i.e. cough). Positive household members should stay in a separate room away from others within their home.

## Exposures Within the Home

If a household member tests positive, your child(ren) must stay home to quarantine for 5 calendar days (returning to school on day 6). Positive household members should stay in a separate room away from others within their home and NOT have any further exposure to the positive case. If this is not possible within your home, please consult with your child's school. You must monitor your child's symptoms daily for 10 calendar days following their last date of exposure.

- If child(ren) **remain without symptoms**:
  - Parents are recommended to test their child(ren) on day 5 or later from their last date of exposure to the positive case.
  - If your child tests positive, immediately advise your child's school. The school will provide you with a return to school date for your child.

**A person does NOT need to quarantine due to a direct exposure if they have had a positive COVID-19 test within the past 90 days or are considered fully vaccinated ([click here for the fully vaccination definition](#)). However, they must remain without symptoms, continue to monitor symptoms daily for 10-calendar days and stay home immediately if symptoms do present.**

- If your child(ren) presents with any one symptom of COVID-19 within a 10-day period following their last date of exposure:
  - Your child must stay home immediately for 5 calendar days from their onset of symptoms.
  - It is recommended that you take a COVID-19 test on day 5 or later from their last date of exposure.
  - If your child does test positive, please immediately notify your child's school.
  - If your child tests negative, they may return to school once your child is fever free for a full 24 hours without the use of fever reducing medications and other symptoms have improved (i.e. cough). Please notify your child's school of negative test results prior to their return date.

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## Exposures at School and/or in the Community

If your child has had a direct exposure at school, parents will receive an email messenger advising of the direct exposure (6 feet/15 minutes) and providing choices for their child to return to school.

- 1) If your child **remains without symptoms** after the exposure, you may select one of the choices below unless otherwise directed by a healthcare provider or the Department of Public Health.

**Choice A-** Allow your child to continue attending school:

- Child must remain without symptoms
- Parent/child must monitor for symptoms daily for 10 calendar days following their last date of exposure
- You do NOT need to advise your child's school if this is the option that you choose
- Your child must stay home immediately if any one symptom of COVID-19 appears (**see #2**)

**Choice B-** Elect to quarantine your child:

- Quarantine your child for up to 10 calendar days
- If you choose to test your child, it is recommended that you wait to test on day 5 or later from their last date of exposure. Please keep your child home until the test results are received. If your child does test positive, then advise your child's school.
- Your child will be served through itslearning.
- Notify your child's school that you are choosing this option and when your child is expected to return.
- Your child must stay home immediately if any one symptom of COVID-19 appears (**see #2**)

**A person does NOT need to quarantine due to a direct exposure if they have had a positive COVID-19 test within the past 90 days or are considered fully vaccinated ([click here for the fully vaccination definition](#)). However, they must remain without symptoms, continue to monitor symptoms daily for a full 10-day period and stay home immediately if symptoms do present.**

- 2) If your child presents with any one symptom of COVID-19 within a 10-day period following their exposure date:
  - Your child must stay home immediately for 5 calendar days from their onset of symptoms.
  - It is recommended that you take a COVID-19 test on day 5 or later from their exposure date.
  - If your child does test positive, please immediately notify your child's school.
  - If your child tests negative, they may return to school once your child is fever free for a full 24 hours without the use of fever reducing medications and other symptoms have improved (i.e. cough). Please notify your child's school of negative test results prior to their return date.