



## Guidance Related to Viruses and/or Infections

7/14/22

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

**Please do NOT send your child to school if they are sick and exhibiting symptoms of COVID-19, influenza, strep throat, stomach virus or other contagious viruses and/or infections.**

### **Symptoms of COVID-19 include:**

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.**

### **What to do if your child tests positive for COVID-19:**

- Keep your child home and advise your child's school. The school will provide you with a return to school date for your child.
- They must stay home for at least 5 calendar days since symptoms first appeared or 5 calendar days since positive test date, if asymptomatic. (Note: First day of symptoms or day of positive test, *if asymptomatic* is considered day 0). Please discuss return to school date with your child's school.

**Positive household members should stay in a separate room away from others within their home.**

### **When to stay home from an exposure to COVID-19:**

- If a household member is positive for COVID-19, it is recommended that your child(ren) stay home for 5 full days from their last day of exposure unless:
  - Your child is up to date on their COVID-19 vaccinations **OR**
  - Your child has tested positive for COVID-19 within the past 90 days
- Following any exposure, it is recommended to monitor for symptoms for a full 10 days and keep your child(ren) home immediately if symptoms do present.
- It is recommended that a person wait until day 5 or later to test following an exposure.

**Note: Your child must be 24 hours fever free without the use of fever reducing medications and other symptoms must also improve. If an antibiotic has been prescribed, then the antibiotic must be administered for a full 24 hours prior to your child's return to school.**