

COVID-19 Facts for Families

FCS recommends that all students, staff and families 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 he/she is exhibiting any symptoms of COVID-19. Symptoms include any 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, he/she must remain home until the test results are received.

Positive Tests

- If your child tests positive, immediately advise your child's school administration or school nurse. The school will provide you with a return to school date for your child.
- Positive students must stay home for 10 days. The last 24 hours being symptom free without the use of medications. Positive household members should stay in a separate room away from others within their home.

School Exposures

- 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 outlining choices for their child to return to school.
- If your child **remains without symptoms** after the exposure, you may select one of the choices below unless otherwise directed by a healthcare provider of Department of Public Health.

Choice #1- Allow your child to continue attending school:

- Child must remain without symptoms
- Parent/child must monitor for symptoms daily for a full 14-day period following his/her exposure date
- Child to stay home immediately if any one symptom appears, notify your child's school nurse and follow up with your child's healthcare provider
- You do NOT need to advise your child's school if this is the option that you choose.

Choice #2- Elect to quarantine your child:

- Quarantine your child for up to 14 days
 - If you choose to test your child, it is recommended that you test on day 5 or later from his/her exposure date. Please keep your child home until the test results are received. If your child does test positive, then advise your child's school nurse.
 - Your child will be served through ItsLearning.
 - Notify your child's school that you are choosing this option and when your child will return to school.
- If your child presents with any one symptom of COVID-19 within a 14-day period following their exposure date, then your child must stay home immediately regardless of vaccine status. Parents will need to advise your child's school nurse and follow up with your child's health care provider for further guidance.
 - 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 fully vaccinated. However, they need to continue to monitor for symptoms for a full 14-days period and stay home immediately if symptoms do present.

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Household Exposures

- If a household member tests positive, your child(ren) must stay home to quarantine. Positive household members should stay in a separate room away from others within their home.
- The quarantine period is 10 days from their last exposure to the positive case
- Parents may also choose to test their child for COVID-19 on day 5 or later from the date of their last exposure. If test is negative, child can return to school on day 8. *Parents must consult with their child's school nurse if the test early option is being considered.*
- During this time, if your child presents with any one symptom of COVID-19 or test positive, then please advise your child's school nurse and follow up with their healthcare provider.