

SU 76 COVID-19 STAY HOME GUIDELINES

You have **ONE** of the following **MAJOR SYMPTOMS**

- Fever of 100.4 or higher
- New cough
- Shortness of breath
- Difficulty breathing
- Loss of taste or smell
- Sore throat

You have **TWO** of the following **MINOR SYMPTOMS**

- Headache
- Body aches
- Runny nose/congestion
- Nausea/vomiting
- Diarrhea
- Stomach Pain
- Fatigue
- Rash
- Swelling of hands/feet
- Red Eyes/eye discharge

YOU HAVE BEEN WITHIN 6 FEET OF SOMEONE DIAGNOSED WITH COVID-19 FOR 15 MINUTES OR MORE

14-day quarantine and follow CDC guidance

WHEN CAN I RETURN TO SCHOOL?

POSITIVE COVID-19 TEST

- May return after 10 days
AND
- At least 24 hours fever free without using medicine
AND
- Symptoms have improved

NO COVID-19 TEST

- May return after 10 days
AND
- At least 24 hours fever free without using medicine
AND
- Symptoms have improved
OR
- Doctors note indicating an alternative diagnosis faxed to the school

NEGATIVE COVID-19 TEST

- At least 24 hours fever free without using medicine
AND
- Symptoms have improved
AND
- Documentation of negative results have been faxed to the school

Developed with feedback and in cooperation with Maine CDC, Maine Dept. of Health & Human Services & the Maine Dept. of Ed. School Nurse Consultant. (updated 9-20-2020)