

## Guidelines for Illness

### Symptoms

**Cough, fever, nasal congestion, runny nose, sore throat, nausea, vomiting, diarrhea, fatigue, headache, muscle/body ache, poor appetite and/or feeding, new loss of smell or taste, stomachache.**

If your child has any of these symptoms:

1. Keep your child at home. Do not send him/her to school.
2. Call the attendance line A.S.A.P. before school or the night before
3. State the nature of illness, for example: cough, runny nose, diarrhea, etc...
4. We recommend that your child sees their healthcare provider.

Per SDUSD guidelines, your child will need to stay home for 10 days and may return to school on the 11th day if:

1. Your child has had no fever for 24 hours without any fever reducing medication.
2. Your child's symptoms have resolved.

**OR**

Your student may return to in-person learning before 10 days if:

1. Your child has a negative COVID test.
2. And symptoms have resolved.

**OR**

Your child has a signed note from a licensed healthcare provider stating that symptoms are not related to COVID – 19 illness.

The note must contain the provider's contact information. You must also sign an Authorization to Release Information so school personnel can interact with the provider.