

STAY AT HOME AND RETURN TO SCHOOL REQUIREMENTS For Students and Staff During COVID-19



These policies are based on public health guidance from the CDC. For any return to school outside of these guidelines students must bring a doctor's note. Contact your school nurse if you have questions about returning to school after illness.

1 STAY HOME IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

- Fever or chills, Cough, Shortness of breath or difficulty breathing, Fatigue, Muscle or body aches, Headache, New loss of taste or smell, Sore throat, Congestion or runny nose, Nausea or vomiting, Diarrhea

2 STAY HOME IF YOU HAVE BEEN EXPOSED TO COVID-19 WITHIN THE LAST 14 DAYS

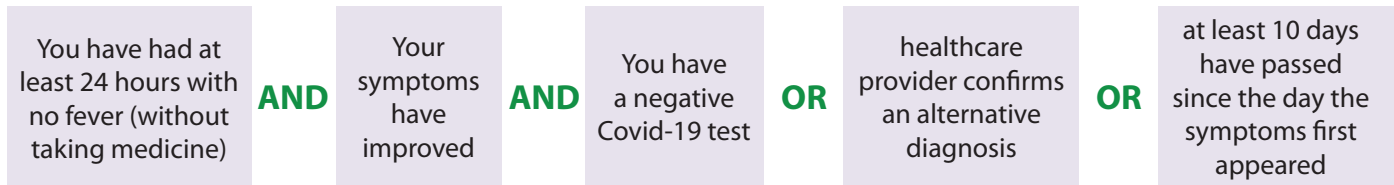
- Advised to isolate or quarantine by your doctor or the health department, Recently had close contact with a person with COVID-19 - within 6 feet of an infected person for at least 15 minutes within the last 14 days, Have been diagnosed with COVID-19

3 STAY HOME IF YOU HAVE RETURNED FROM TRAVEL OUTSIDE THE LOCAL AREA WITHIN THE LAST 14 DAYS

- Consult local, state and federal guidelines on any travel restrictions and self-quarantine requirements

GO WHEN TO RETURN TO SCHOOL:

1 IF YOU HAD ANY SYMPTOMS YOU MAY RETURN TO SCHOOL AFTER



2 IF YOU HAVE BEEN EXPOSED TO COVID-19, YOU MAY RETURN TO SCHOOL: 14 days after the last date of close contact with the infected person

3 IF YOU HAVE TRAVELED OUTSIDE OF THE LOCAL AREA WITHIN THE LAST 14 DAYS
Individuals should self-quarantine for 14 days after returning from travel outside of the local area (see CDPH and CDC current guidelines)



## APPENDIX B - STAY AT HOME AND RETURN TO SCHOOL REQUIREMENTS

**Students are required to report Covid-19 illness or exposure to Covid-19 to their school attendance office.**

Children with non-infectious chronic conditions should not be excluded from attending school. Please notify the school if your child has a chronic condition such as allergies, asthma, or migraines to prevent unnecessary exclusion. A doctor may diagnose an illness other than COVID-19 and provide a note for return to school earlier than 10 days. If there are questions about individual cases, contact your school nurse or health services.

## Sources:

[Consolidated School Guidance, CDPH, January 14, 2021.](#)

[Considerations for Schools. Updated May 19, 2020. CDC](#)

[Steps to prevent the spread of COVID-19 if you are sick. CDC](#)

[Quarantine and Isolation. CDC](#)

[CDPH Travel Advisory](#)

