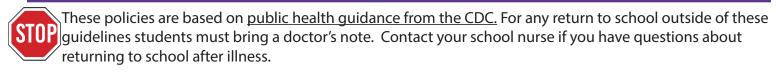


APPENDIX B - STAY AT HOME AND RETURN TO SCHOOL REQUIREMENTS.

STAY AT HOME AND RETURN TO SCHOOL REQUIREMENTS

For Students and Staff During COVID-19



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

TAY HOME IF YOU HAVE BEEN EXPOSED TO COVID-19 WITHIN THE LAST 14 DAYS OR:

- 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
- Have been diagnosed with COVID-19

STAY HOME IF YOU HAVE RETURNED FROM TRAVEL OUTSIDE THE U.S. WITHIN THE LAST 14 DAYS

RETURN TO SCHOOL

If you have any symptoms you may return when:

- You have had at least 24 hours with no fever (without taking medicine) AND
- Your symptoms have improved AND
- At least 10 days have passed since the day the symptoms first appeared

If you have been exposed to COVID-19 you may return 14 days after the last date of close contact with the infected person

If you have traveled within the last
14 days you may return 14 days after you arrived back in California

Children with non-infectious chronic conditions should not be excluded from attending school. For instance, a child with allergy symptoms may have congestion, but is not a reason to exclude that child from 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:

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