

Stay Home Sick and Return Guidance

Any student or staff member who tests positive for Covid-19 must stay home and contact their supervisor or principal. Supervisors must report immediately to Health Services via email to (Covidreport@scusd.edu) for contact tracing.

Anyone who has symptoms must also remain home and follow the guidance below.



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
- Diarrhea
- Nausea or vomiting



YOU MAY RETURN TO SCHOOL AFTER:

5 days have passed, at least 24 hours fever free without the use of fever-reducing medications and other symptoms are improving

OR

Present a negative COVID-19 test and at least 24 hours has passed since a fever has resolved without the use of fever-reducing medications and other symptoms are improving

OR

Present a note from a healthcare provider that confirms that current symptoms are from a chronic condition or other disease process

Chronic conditions: Individuals with documented non-infectious chronic conditions can return to school when symptoms have improved. A doctor may diagnose an illness other than COVID-19 and provide a note for return to school earlier than 5 days. Individuals with unmanaged, new Covid-like symptoms (such as congestion, coughing, runny nose) may be sent home until symptoms have improved. If there are questions about individual cases, contact your school nurse or health services.

Allergy symptoms are the same as early COVID-19 symptoms. Many people who test positive for Covid remark, "I just thought it was my allergies." If a person has new or worsening allergy symptoms they should test to rule out COVID-19. If the test is negative and symptoms improve they can come to work or school.