

ISY COVID-19 SICK GUIDELINES CHECKLIST

(1) Have you been in close contact with a person diagnosed with a case of COVID-19 in the last 14 days?

Close contact is where a person lives with the case, or has been with the case for long periods of time at close range. Examples include siblings of the case, or someone who slept over.

If the answer is **NO**, proceed to Question 2

If **YES**, but fully vaccinated and showing no symptoms from Questions 2 or 3, your child may attend school as normal.

YES and NOT fully Vaccinated

Child should stay home and **NOT** attend school for **14 days** from the last day of exposure and monitor for symptoms.

YES and fully vaccinated but showing one or more core symptoms from question 2.

(2) Does your child have any new onset (or worsening) of the following core symptoms:

- **Fever or chills**
Temperature of 100°F or higher
- **Cough**
Continuous, more than usual, not related to other known causes or conditions such as asthma
- **Shortness of breath**
Continuous, unable to breathe deeply, not related to other known causes or conditions such as asthma
- **Loss of sense of smell or taste**
Not related to other known causes or conditions like allergies or neurological disorders

If **YES** to any of these symptoms

If the answer is **NO** to all of these symptoms in Question 2, proceed to Question 3

Your child is required to isolate for **10 days** from onset of symptoms
(OR)
Until receive a negative PCR Covid-19 test
(AND)
Fever free for 24 hours without fever reducing medications
(AND)
Symptoms have improved

(3) Does your child have any new onset (or worsening) of the following other symptoms:

- **Sore throat/painful swallowing**
Not related to other known causes/conditions, such as seasonal allergies or reflux
- **Runny nose/congestion**
Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather
- **Feeling unwell/fatigued**
Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury
- **Nausea, vomiting and/or diarrhea**
Not related to other known causes/conditions, such as anxiety, medication or irritable bowel syndrome
- **Unexplained loss of appetite**
Not related to other known causes/conditions, such as anxiety or medication
- **Muscle/joint aches**
Not related to other known causes/conditions, such as arthritis or injury
- **Headache**
Not related to other known causes/conditions, such as tension-type headaches or chronic migraines
- **Conjunctivitis** (commonly known as pink eye)
- **Rash**
Not related to other known causes/ conditions such as eczma, food allergy, mild allergic reaction to insect bite.

If **YES** to one or more symptoms

- Keep your child home and monitor for **48 hours**.
- If their symptom is improving after 48 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom does not improve after 48 hours (or if additional symptoms emerge),
 - Keep your child home
 - Take your child to the doctor
 - The doctor will decide whether the child needs to be tested for Covid or any other infections diseases.

If the answer is **NO** to Question 1, 2, and 3

Your child may attend school as normal.



Report symptoms and close contact with COVID-19 cases to the ISY Clinic - (clinic@isyedu.org)