

A Parent's Guide When to stay home, test, and return.

1 Check for for any New/Unexplained* Symptoms at home or in school

- Fever (100.4F) or chills
- Cough, shortness of breath
- Sore throat, nasal congestion, or runny nose
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste/smell
- Nausea/vomiting
- Diarrhea
- Multisystem Inflammatory Syndrome symptoms: rash, neck pain, bloodshot eyes, abdominal pain

* If student has a documented chronic condition that accounts for symptoms, they are not considered "new/unexplained".

YES at home

**Isolate
at home**

YES at school

**Student will be
dismissed**

2 When to Return to School

COVID-19 Tested		NOT Tested
POSITIVE	NEGATIVE	
10 days after SYMPTOM onset	24 hrs. of NO fever (without meds)	10 days after SYMPTOM onset
AND	AND	AND
24 hrs. of NO fever (without meds)	Symptoms improved	24 hrs. of NO fever (without meds)
AND		AND
Symptoms improved		Symptoms improved
		OR
		Dr.'s note with alternative diagnosis

3 10-Day Quarantine** if...

- Exposed to someone confirmed or suspected of having COVID-19 OR
- Traveled outside New England

** **May NOT "test out" of quarantine.**

Based on information gathered from NH DHHS 12/7/20