

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 14-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 9/22/20