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Covid-19 Symptom Protocols

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PLEASE CHECK YOUR CHILD FOR SYMPTOMS AT HOME EACH MORNING:

Prior to coming to school each day, please review the following symptom list with your child.

SYMPTOM CHECKLIST:

- Fever (100.1° Fahrenheit or higher), chills, or shaking chills
- Cough
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue
- Nasal congestion or runny nose

IF YOUR CHILD EXHIBITS ANY SYMPTOMS:

If your child exhibits any symptoms of Covid-19 do not to return for in-person instruction until they have met all three CDPH criteria to return to school for those with symptoms:

- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; **and**
- Other symptoms have improved; **and**
- They have a negative test for SARS-CoV-2, OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) OR a healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), OR at least 10 days have passed since symptom onset.

Quarantine recommendations for unvaccinated students for exposures when both parties were wearing a mask, as required in K-12 indoor settings. These are adapted from the CDC K-12 guidance and CDC definition of a close contact.

When both parties were wearing a mask in any school setting in which students are supervised by school staff (including indoor or outdoor school settings and school



buses, including on buses operated by public and private school systems), unvaccinated students who are close contacts (more than 15 minutes over a 24-hour period within 0-6 feet indoors) may undergo a modified quarantine as follows. They may continue to attend school for in-person instruction if they:

- Are asymptomatic;
- Continue to appropriately mask, as required;
- Undergo at least twice weekly testing during the 10-day quarantine; **and**
- Continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting.

IF STUDENT EXHIBITS SYMPTOMS AT SCHOOL:

If a student at school exhibits any symptom listed above that cannot be explained by a diagnosed medical condition (physician note on file), they will be brought to an isolation room in the office until a family member picks them up, and the student will be referred to their physician to assess their symptoms.

TRAVEL:

There is no restriction on travel domestically and quarantine will not be required. However, if students or teachers travel internationally, they will be required to quarantine for 7 days and present a negative covid test.

These guidelines are subject to change in response to CDPH and Placer County Public Health guidance, and we will always keep you informed.