

## Guidelines for Parents

Individuals with COVID-19 can experience a wide range of signs and symptoms that may vary from very mild to severe. Symptoms may appear **2-14 days after exposure to the virus**.

Symptoms can include:

- Fever (temperature over 100.4 Fahrenheit) or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**It is very important that a Health Check (temperature check and observation for any signs/symptoms listed above) is conducted each morning, at home, before arriving at school. Students need to stay at home if symptoms are present. Contact your physician for guidance.**

When a student presents to the school nurse, he/she will be assessed and isolated away from other students if necessary. We will take all precautions necessary based on ADH and CDC guidelines. This is for the protection of your child and those caring for him/her. If deemed necessary to be excluded from school, you will be notified and your child will need to be picked up within a timely manner.

In accordance with CDC guidelines, your child will be able to return to school after meeting the following conditions:

- A minimum of 10 days have passed since symptoms appeared and/or positive COVID result
- **AND** fever free for 48 hours without the aid of fever-reducing medication
- **AND** all other symptoms have improved
- **AND** a clearance letter has been received from the Arkansas Department of Health (in positive cases)

**OR**

- Physician documentation is received with an alternate diagnosis. CPS policy for “exclusion from school due to illness” will be followed for diagnosis.

**OR**

- Negative COVID-19 test results are received and fever-free for 48 hours without fever-reducing medication. (Per ADH guidelines, rapid antigen tests with a negative result will not be accepted.)

**If your child exhibits COVID-like symptoms at home, is diagnosed with COVID-19, or is required to quarantine, please notify your School Nurse. Your child will be able to continue classroom instruction remotely.**