

SHOULD I SEND MY CHILD TO SCHOOL? INFORMATION FOR PARENTS AND SCHOOL STAFF

Symptoms and Illnesses	Should My Child Go to School?
Parent is sick, stressed or hospitalized	YES - If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. Plan ahead for these circumstances.
Chronic diseases (Asthma, Diabetes, Sickle Cell, Epilepsy, etc.)	YES - Your child should attend school. Your school nurse will create an individualized plan to meet your child's health needs in school and train school personnel to care for your child.
Child doesn't want to go to school Frequent crying, fear, anger, not wanting to socialize, behavior changes, frequent stomach aches, headaches or nausea, can all be signs of depression, anxiety or fear.	YES - You should keep your child in school, but try to determine what is causing the change. Talk to your school counselor, nurse, principal, or your child's teacher. Consider consulting your child's health care provider.
Cold symptoms Stuffy/runny nose, congestion, sneezing, mild cough, sore throat	YES - If your child is able to do normal activities at home then you should send your child to school. See COVID-19 When to Test Guidance on the back of this sheet.
Conjunctivitis (Pink eye)	YES - Your child should attend school. Contact your child's health care provider if there is discomfort or worsening symptoms. Keep home ONLY if your child is too ill to participate, has a fever or if keeping home is recommended by your child's doctor.
Head lice	YES - After initial treatment of shampooing hair with a lice product, it is mandatory to return to school the next day via the health office for clearance to return to class.
Strains, Sprains, Pains	YES - If there is no known injury and your child is able to function (walk, talk, eat, drink) they should be in school. If pain is severe, is accompanied by swelling or doesn't stop, consult your child's health care provider.
Menstrual Issues	YES - Most of the time menstrual (period) issues should not be a problem. If they are severe and interfering with your daughter attending school, consult with her health care provider.
Antibiotics	YES - Children who are placed on antibiotics for impetigo, strep throat and several other bacterial infections should be on them for a FULL 24 hours (longer for pertussis/whooping cough) before they return to school. This is to decrease the risk of spreading infections.
Fever	YES - If the fever is 100.4 or lower and the child feels generally well, they should go to school. NO - If the fever is 100.5 or higher, the child should stay home. The child may return to school once they are fever free for 24 hours without the use of fever reducing medication.
Diarrhea Frequent, loose or watery stools/bowel movements	NO - Your child should stay home until diarrhea has stopped for 9-12 hours. If diarrhea persists, contact your child's health care provider.
Vomiting	NO - Your child should stay home until vomiting has stopped for 9-12 hours and they are able to tolerate food and water.
Severe coughing or difficulty breathing Uncontrolled, rapid and/or repeated coughing, wheezing	NO - Keep your child home and contact their health care provider if symptoms are new or not responding to prescribed asthma medication. If symptoms improve after prescribed medication, your child can come to school.
Rash	NO - Keep your child home if rash is undiagnosed, especially if spreading and/or accompanied by a fever. Contact your child's health care provider.

COVID-19 When to Test Guidance

CDPH recommendations for when student and staff should test for COVID-19

If you feel sick:	YES - Test! Test when symptoms start and again 1-2 days later if the first test is negative.
If you are exposed (even if you DON'T feel sick):	YES - Test when you find out about the exposure AND 3-5 days after your last exposure.
Travel:	YES - You may have been exposed if you used public transit or were in a crowded place without a mask. Test 3-5 days after return.
Large gatherings:	YES - Test just before large indoor gatherings or visiting people at higher risk for severe illness (elderly individuals or people with weakened immunity).

Need More Tests?

- Take your MediCal or Medicare card to the prescription drop-off counter at a pharmacy for 8 free tests OR
- Check with your insurance place for 8 free (or reimbursed) at-home tests per month
- Order 4 free COVID-19 tests per household from the US Post Office at <https://testing.covid19.ca.gov/>
- Ask for free COVID-19 at-home tests from your child's school site

Positive Test?

- STAY HOME, let your school know, and follow their guidance!
- Ages 12 and older? Ask your physician about FREE medications for COVID-19 that are safe and highly effective at preventing serious illness. Find treatment at <https://covid19.ca.gov/treatment>

Negative Test but COVID-19 Symptoms?

- Wear a mask. Check with your school for further guidance.