

When to Keep Your Sick Child Home From School

Lake Washington School District works with King County Department of Public Health to help protect children from spreading communicable diseases. School districts are required to screen all students for symptoms of COVID-19 daily prior to entry to the school. School districts are also required to determine if students have been in close contact with an individual who has tested positive for COVID-19. Keeping students home when they are too sick for school protects other students and staff from potential illness.

1. Has your student been in close contact with anyone with confirmed COVID-19? *Close contact includes; been within 6 feet of a person with COVID 19 for a combined total of 15mins or more within a 24 hour period; OR live in the same household as a person with COVID-19; OR cared for a person with COVID-19; OR been in direct contact with saliva or other body secretions from a person with COVID- 19.*
2. Does anyone in your household have COVID-19 like symptoms &/or is anyone in your household being tested for COVID-19?
3. Has your student had a positive COVID-19 test for active virus in the past 10 days?
4. Within the past 14 days, has a public health or medical professional told your student to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19?

If you answer YES to any of these questions, stay home and contact your school.

Too Sick for School:

COVID-Like Symptoms: If your child has experienced any of the following symptoms keep them home from school or make appropriate childcare arrangements and contact your school. If they show any of the following symptoms at school, it will be necessary to pick your student up as soon as possible:

- **Fever of 100.4 or above**
- **Cough**
- **Shortness of Breath or Difficulty Breathing**
- **Chills**
- **Fatigue ***
- **Muscle Pain or Body Aches ***
- **Headache ***
- **Loss of Taste or Smell**
- **Sore Throat ***
- **Congestion or Runny Nose ***
- **Nausea or Vomiting ***
- **Diarrhea ***
- **Other signs of new illness that are unrelated to a documented preexisting condition.**

*A short-term symptom – if a student has only **one** of these symptoms and the symptom begins and resolves in less than 24 hours AND no known COVID-19 exposure (close contact). A student can return to school if the short-term symptom has been resolved for 24 hours, please contact the school even if your student has a short-term symptom. A COVID-19 test is not required.

Please contact your medical provider if your student is experiencing any other symptoms that are concerning to you.

Additional Too Sick for School Symptoms: If your child has any of the following symptoms, please keep them home from school, or make appropriate childcare arrangements. It will be necessary to pick your student up from school as soon as possible if he/she shows any of the following symptoms at school:

- **Lice, scabies:** children may not return to school until they have been treated.
- **Rash:** body rash, especially with fever or itching.
- **Ear infection:** with fever. Without fever can attend school, but the child may need medical treatment and follow-up.
- **Eye infection:** Eye infection: pink eye (conjunctivitis) or thick mucus or pus draining from eye.

Tips to Stay Well: According to the Centers for Disease Control and Prevention (CDC), the single most important thing you can do to prevent the spread of germs is to wash your hands often.

- **Stay home** as much as possible. Minimize contact with people who do not live with you. Work from home when possible.
- **Social distancing:** When outside your home, staying at least 6 feet (2 meters) away from others.
- **Avoid group gatherings** and poorly ventilated areas.
- **Wear a cloth face** covering that covers your nose and mouth when you are in a public place, including outdoors if you cannot stay at least 6 feet (2 meters) away from others.
- **Wash hands** often with soap and water for at least 20 seconds. If not available, use hand sanitizer (60% alcohol or greater). Do not use sanitizer on children under age two.
- **Avoid touching** your eyes, nose, or mouth with unwashed hands.
- **Avoid contact** with people who are sick. Stay home when you are sick and avoid close contact with others.
- **Cover your mouth/nose** with a tissue or sleeve when coughing or sneezing.