

ILLNESS & EXCLUSION POLICY DURING COVID-19

Children should be symptom-free to in order to attend school.

Exception: If a child has a runny nose due to ongoing/seasonal **allergies**, the child can attend, as long as the parents provide a **note from the child's pediatrician** stating that the child's runny nose is due to allergies. We request that the family also consider with their pediatrician whether the child should be on a **daily dose of children's allergy medicine**. Additionally, it may be hard for the child to manage with a very runny nose and a mask, so parents should consider this in deciding whether to send their child to school.

If your child has a **runny nose only (not due to allergies)**, your child can return to school when his/her runny nose stops.

If your child has any **other symptoms related to COVID-19***, please consult your child's pediatrician.

- If your child's pediatrician is able to determine an alternative diagnosis, then your child can return when his/her symptoms have stopped and he/she is 48 hours fever-free (without fever-reducing medication) and 24 hours vomit- and/or diarrhea-free.
- If your child's pediatrician feels that your child's symptoms warrant a COVID-19 test:
 - If your child's test is positive, your child should remain home for a minimum 10 days and until he/she is 48 hours fever-free (without fever-reducing medication) and symptoms have stopped.
 - If your child's test is negative, your child can return to school 72 hours after his/her symptoms have stopped.
- If your child's pediatrician is unable to confirm an alternate diagnosis and there is no COVID-19 test, (unless the symptom is runny nose only) your child should stay home for minimum of 10 days with 48 hours fever-free (without medication).
- If you choose not to consult your child's pediatrician, please have your child stay home for a minimum of 10 days and until he/she is 48 hours fever-free (without fever-reducing medication) and symptoms have stopped.

For any symptoms that are **not COVID-19 related**, our regular Illness Policy would apply (see main Parent Handbook)

Exception: During COVID-19, we are requiring all children to be **48 hours fever-free (without fever reducing medication)** – normally our policy is 24 hours fever-free.

***SYMPTOMS OF COVID-19:**

Primary symptoms include:

- Fever
- Cough
- Shortness of breath/difficulty breathing

Additional symptoms include:

- Sore throat
- Abdominal pain, nausea, vomiting
- Diarrhea
- Headache
- Muscle pain/body aches

- Fatigue
- Loss of taste/smell
- Congestion or runny nose
- Poor appetite and poor feeding

Of particular significance are any symptoms of illness that are new, unusual, and/or severe symptoms, as these are the most indicative illness and contagiousness. Also significant are combinations of symptoms on the list, especially those listed as most indicative of COVID-19 in children: fever, sore throat, cough, diarrhea, vomiting, abdominal pain, headache.

Additional reasons for excluding child from child care environment

1) Household member has symptoms of COVID-19

- Child should stay home until household member gets COVID-19 test results.
- If the test is negative, and child has no symptoms, the child can return.
- If the test is positive, the child should quarantine for 14 days.
 - If child develop symptoms of COVID-19 during quarantine, consult pediatrician and child should be tested for COVID-19. (Follow illness policy for showing symptoms of COVID-19 above).

2) Child or household member has close contact with confirmed case of COVID-19

- Child should stay home to quarantine for 14 days.
 - If child develop symptoms of COVID-19 during quarantine, consult pediatrician and child should be tested for COVID-19. (Follow illness policy for showing symptoms of COVID-19 above).

3) Child has been in close contact with someone with a suspected case of COVID-19

- Child should stay home until the person with suspected case gets his/her test results back.
- If the test is negative, the child can return.
- If the test is positive, the child should quarantine for 14 days.
 - If child develop symptoms of COVID-19 during quarantine, consult pediatrician and child should be tested for COVID-19. (Follow illness policy for showing symptoms of COVID-19 above).

4) Travel anywhere (domestic or international) via airplane:

- If the child travels by airplane, the child should stay out of school for 14 days after returning home.
- If a household member travels by airplane, the family can choose from these two options:
 - The person who traveled can quarantine away from the rest of the family for 14 days after returning, and the child can continue attending school.
 - If the person who travels does not quarantine away from the rest of the family, the child should stay out of school for 14 days after household member returns from travel.
 - If the household member experiences symptoms of COVID-19 during the 14-day period, follow #1 above.
 - If child develop symptoms of COVID-19 during the 14-day period, consult pediatrician and child should be tested for COVID-19. (Follow illness policy for showing symptoms of COVID-19 above).