

When Should My Child Stay Home?

A visual guide to navigating cold, cough,
and flu season in a COVID-19 world



COVID-19 Symptoms

More Predictive:

- Fever of 100.4° or higher
- New persistent cough or worsening cough
- Difficulty breathing
- New loss of taste or smell

Note: All symptoms must be considered in the context of YOUR baseline norm and medical history, and we understand that there will be individual exceptions.

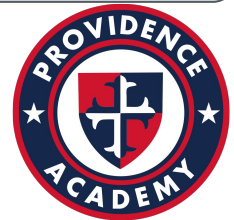
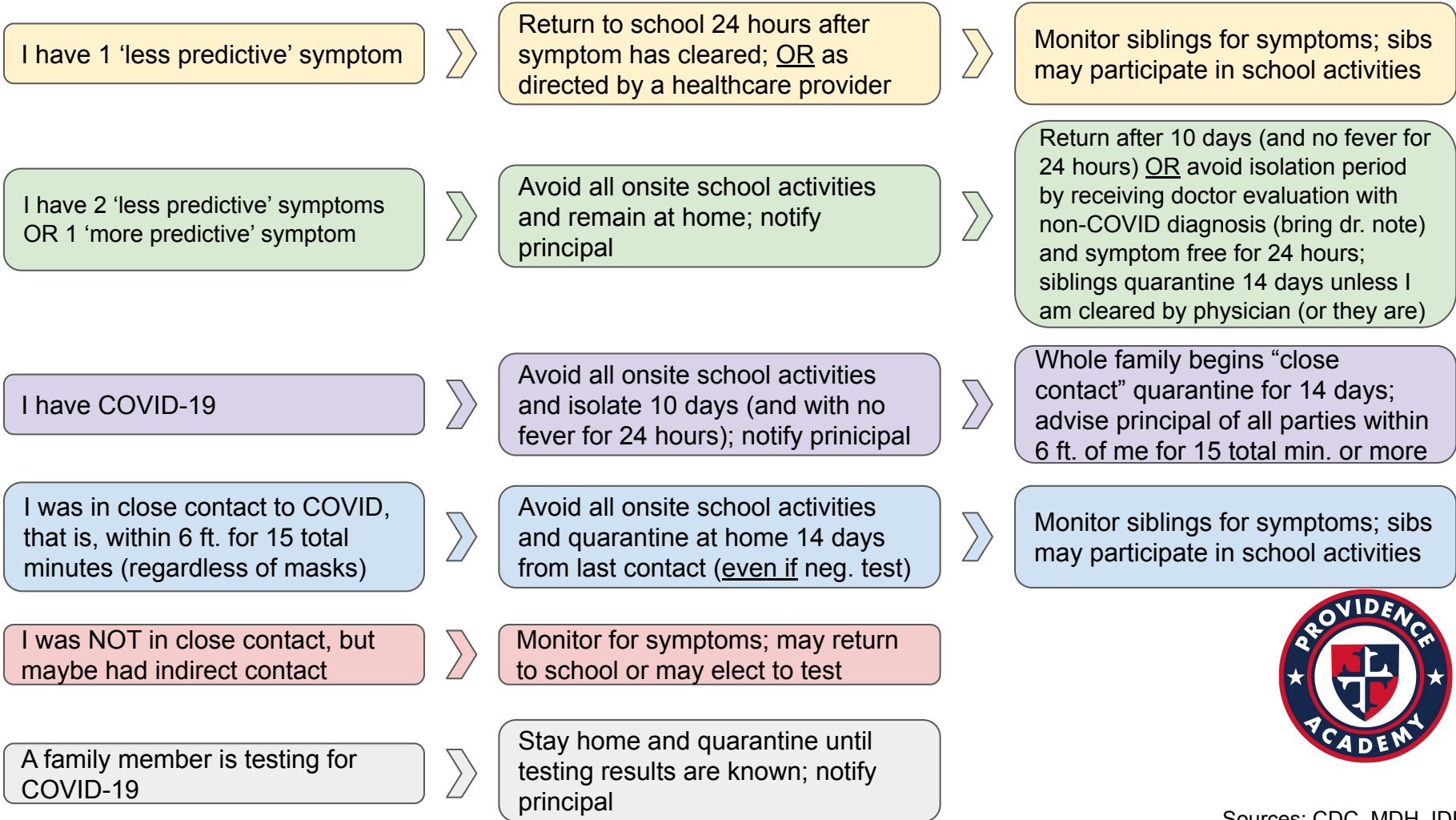
For example, someone with asthma may regularly experience difficulty breathing that is managed year-round with an inhaler; for this person, monitoring would be focused on notably worse or different symptoms than those which are a normal part of daily life.

Please contact your upper or grammar head of school if you wish to discuss a special circumstance--we are glad to help walk this out with you!

Less Predictive:

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue
- New onset of severe headache
- New onset of nasal congestion
(or unusually runny nose)





Related Questions about ‘Close Contacts’

Who determines “close contact” exposure?

- A list of names is compiled by the COVID-positive person. Based on CDC guidelines, this will include anyone who was within 6 ft. of space for at least 15 total minutes (within a 24 hour period) starting from 48 hours prior to the onset of symptoms. If there is doubt, the good faith effort of the infected party will usually be the working list.
- Although masks are considered an effective measure, the CDC makes clear that wearing masks does NOT change who is or is not a close contact.

If I am a close contact, may I return after receiving a negative test?

- No, unfortunately, the CDC and ADH say that negative testing is not proof of being free of risk to self or others for an exposed party because the virus can incubate for several days at levels that are undetected by tests.



Related Questions about Quarantine

Why does quarantine of exposed parties last 14 days, while isolation of a COVID-positive person lasts 10 days?

- Although this seems counterintuitive, the longer time period away from others for seemingly healthy parties is due to the capacity of the virus to hide in the body for several days undetected.
- In contrast, once someone is confirmed positive, then it is actually simpler to measure how long the virus is a risk to others (10 days from onset of symptoms, plus no fever for 24 hours with no fever-reducing medications).

When does my 14-day quarantine “clock” begin?

- Day 1 of a quarantine period is finished 24 hours after the last exposure event, that is, the last time close contact was made with the ill party. (Exposure Monday at noon means Day 1 is done Tuesday at noon.)
- If quarantine is due to a household member being COVID-positive, extra care must be taken to keep the sick party away from others in the family (to avoid the quarantine “clock” beginning over and over again due to daily contact in the home).

