

# WHAT TO DO IF YOU HAVE COVID-19 SYMPTOMS

COVID-19 symptoms may present differently in children than in adults. For example, children are less likely than adults to have fever with COVID-19 and more likely to present with non-respiratory symptoms such as nausea and diarrhea. Schools should set a low threshold for sending students or staff members home if illness is suspected and encourage the collection of backup emergency contacts. Any of the following symptoms that are not related to an already diagnosed condition or illness (as known by the school healthcare personnel) could be COVID-19. The student or staff member should not physically attend school until clearance from isolation criteria have been met or an alternative diagnosis is made.

- Fever (greater than or equal to 100.4°F or 38°C)
- Subjective chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Diarrhea
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

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## Frequently Asked Questions

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### What to do when a student/staff develops symptoms of COVID-19?

As with other infectious diseases, if a student or staff member develops any symptoms at school, they should be immediately removed from any group setting. They should be placed in a separate room with a mask on, as tolerated. If a separate room is not available, place the sick student or staff member in a location where they can be at least 6 feet away from others.

Staff tending to the care of the sick individual should use appropriate personal protective equipment (PPE) including surgical mask, gloves and eye protection (goggles or face shield). If they are in direct contact with the sick individual, they should wear a gown. Contact the emergency contact for the individual to be picked up from school as soon as possible, ideally within 1 hour. Call 911 if the individual is exhibiting any serious symptoms, including difficulty getting enough air, change in alertness or responsiveness, bluish lips or face.

### What to do with siblings who are members of the same household as someone confirmed or suspected to have COVID-19?

All household members of someone confirmed or suspected to have COVID-19 should not physically attend school and quarantine at home for 14 days. Keep in mind, siblings may be at the same school or at another school (age dependent). Should a student become sick, families should notify the schools of any household contact. If a sick student's household contact is in school, the contact's school should be notified and they should be removed from the classroom and sent home as soon as possible, even if not displaying symptoms. If the household contact is also sick, follow steps as above.

## When to quarantine a whole class?

The decision to quarantine a whole class should be made in consultation with your local health department. If you have concern for sustained transmission of COVID-19 within a class or school, notify your local health department and review compliance with infection control policies and procedures.

## What to do if a student or staff member tests positive for COVID-19?

If a student or staff member is positive for COVID-19, they should remain in a separate area at home and call their healthcare provider as needed to discuss management of symptoms at home. The ADHS guidance for release from isolation should be followed before allowing the student or staff member to be physically at school.

It is important to note that release from isolation DOES NOT require a provider's note and DOES NOT require repeat testing or a negative test.

Verifying that a student or staff member meets criteria for release from isolation will be up to the school medical staff or administration. The following dates should be collected for verification:

- Date of test collection (if tested);
- Date of onset of symptoms; and
- Date of resolution of fever.

