

You're sick...now what?

When should students/staff stay home?

Parents/guardians will complete daily attestations for their students prior to them coming to school. Staff will also complete the daily attestation. The Snohomish School District uses an automated attestation system from a company called Qualtrics. This is also the company working in direct partnership with many ESDs and school districts around the county, state and country. Information is protected and is confidential.

Students/staff who arrive at school without a completed attestation will be asked the questions by staff and will have their temperature taken. All health and safety protocols and training will be followed. If the answer to any of the below is yes, the parents/guardians will be contacted to immediately pick up their student and staff will be asked to immediately return home.

1. Do you have any of the following symptoms within the last day that are not caused by another condition? (If it is the first day back after a break of for a new student, please ask about the past three days.)



- Fever (defined as subjective or 100.4 F or higher)
 - Cough
 - Loss of sense of taste and/or smell
 - Shortness of breath
 - Fatigue
 - Headache
 - Muscle or body aches
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea (defined as 2 or more loose stool in 24 hours)
2. Have you been in close contact with anyone with confirmed COVID-19 in the past 14 days?
 3. Have you had a positive COVID-19 test for active virus in the past 10 days, or are you awaiting results of a COVID-19 test?
 4. Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?

What if someone is sick, but has not tested positive?

If a student or staff member is not feeling well and has any symptoms of illness, even mild ones, please stay home. Symptoms could include cough, sore throat, fever, fatigue, nausea, diarrhea, vomiting, or loss of taste or smell. One symptom is enough to warrant staying home as a precaution.

We know it can be frustrating to stay home with mild symptoms. Children get sniffles, a cough, or upset stomach from time to time, and this is usually not cause for alarm. But this pandemic is the time for extra caution, and all students and staff should stay home even if symptoms are mild.

If a student or staff member with symptoms does go to school, or if they start having symptoms while they are at school, expect they will be isolated and sent home as soon as possible. This means an ill student would likely be asked to wait in a dedicated room where they are not near others until a parent/guardian arrives to take them home.

UPON RETURNING HOME:

- If the child or staff member is tested for COVID-19 and the results are negative, they may return to school once their symptoms have improved and they've been fever-free for at least 24 hours. The exception is if they are a close contact of a confirmed case – close contacts must wait the full 14-day quarantine period to return to school or childcare, regardless of symptoms or test results.
- Anyone with symptoms is encouraged to get tested. However, if a student or staff member has symptoms but is not tested, they must remain home until at least 10 days after symptoms started and at least 24 hours after fever is gone and symptoms have improved.
- Those who are ill but have not tested positive for COVID-19 and are not close contacts of someone who has tested positive for COVID-19, may obtain a medical professional's note clearing them for return. The medical professional's note must be based on the individual's established medical history or must include an alternative lab-confirmed diagnosis.
- If a staff member becomes ill while at school, they would return home immediately. The same timelines outlined above for students would apply for teachers/staff members, as well.



When can I return to school after illness or exposure?

POSITIVE COVID-19 TEST RESULTS

- Return to school after 10-day quarantine period (from the date of testing (if no symptoms) or from the date of symptom onset).
- If symptoms or fever persist after 10-day quarantine, person who tested positive can return when there is no fever and symptoms are improving.

NEGATIVE COVID-19 TEST RESULTS AND NOT A CLOSE CONTACT OF A CONFIRMED COVID-19 CASE

- Return to school once symptoms have improved and no fever for at least 24 hours.

CLOSE CONTACT OF A CONFIRMED COVID-19 CASE

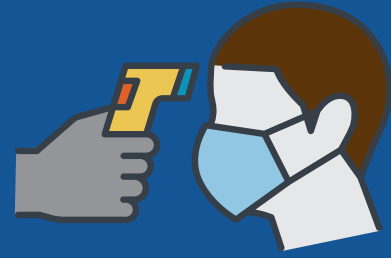
- Stay home for the full 14-day quarantine period, regardless of symptoms or test results.

SYMPTOMS BUT NOT TESTED FOR COVID-19

- Remain home for at least 10 days after symptoms started and at least 24 hours after fever is gone and symptoms improve.

CAN I GET A NOTE FROM MY MEDICAL PROFESSIONAL?

- Those who are sick but have not tested positive for COVID-19 and are not close contacts of someone who has tested positive for COVID-19, may obtain a medical professional's note clearing them for return. The medical professional's note must be based on the individual's established medical history or must include an alternative lab-confirmed diagnosis.



SYMPTOMS

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