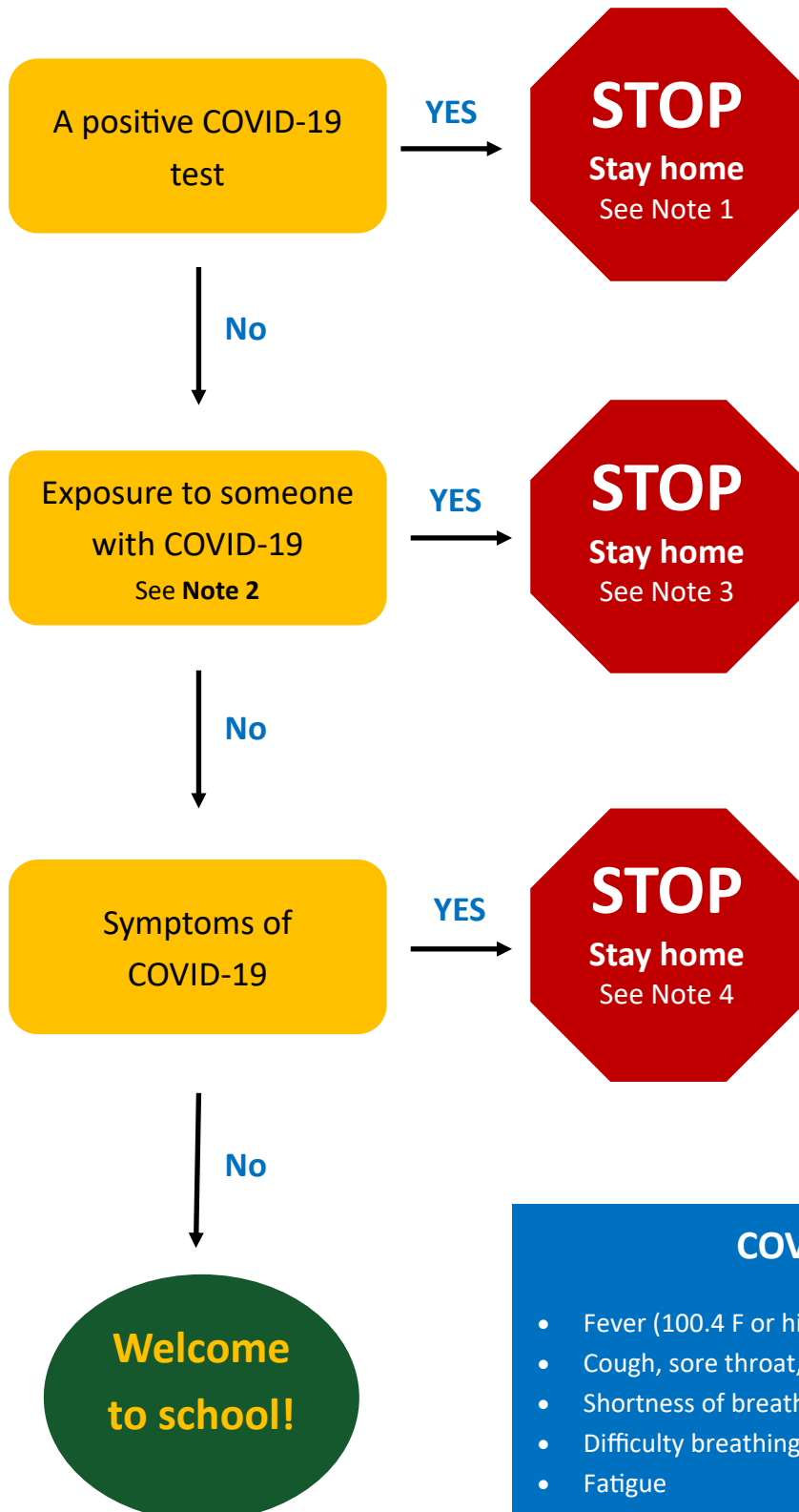


# Deciding When to Stay Home

Sources: [CDC](#), [VDH](#)

**Does your student have:**



## Note 1 Returning to school after COVID-19

Students must remain at home (isolation) for 10 days from their test date OR the start of their symptoms— whichever is LATER. Students must be fever-free for 24 hours with no medication and no symptoms. Parents must call the office before returning to school.

## Note 2 What is Exposure?

- Being within 6 feet of a person who is COVID-19 positive for 15 minutes or longer *even with masks on*
- Direct physical contact with (hugging, kissing, etc.) someone who is COVID-19 positive
- Sharing eating utensils with someone who is COVID-19 positive
- Being sneezed or coughed upon by someone who is COVID-19 positive

## Note 3 Returning to school after exposure to COVID-19

Students must remain at home for 14 days from their last exposure. Students must be fever-free for 24 hours with no medication and no symptoms. Parents must call the office before returning to school.

## Note 4 Returning to school after experiencing symptoms of COVID-19

Students must remain at home for 10 days from the start of their symptoms OR may be cleared to return to school with a note from their doctor. Students must be fever-free for 24 hours with no medication and no symptoms. Parents must call the office before returning to school.

## COVID-19 Symptoms Include:

- Fever (100.4 F or higher) or chills
- Cough, sore throat, or congestion
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Nausea, vomiting, or diarrhea