



# Symptom Free School Protocol

## Students, Staff, Volunteers, and Visitors:

If you are experiencing one or more of these symptoms\* stay home, and do not go to school or report to work:



- Temperature of 100.4F, or a presumed fever
- New Cough or Shortness of Breath
- Chills, Muscle or Body Aches
- Fatigue
- Runny or Stuffy Nose, Sore Throat
- Headache, Vomiting, Diarrhea, Nausea, or Abdominal Pain
- New Loss of Taste or Smell
- New undiagnosed or untreated rash or skin condition
- You are taking first 24 hours of antibiotic treatment



FEVER



COUGH



FATIGUE



LACK OR LOSS OF APPETITE



SHORTNESS OF BREATH

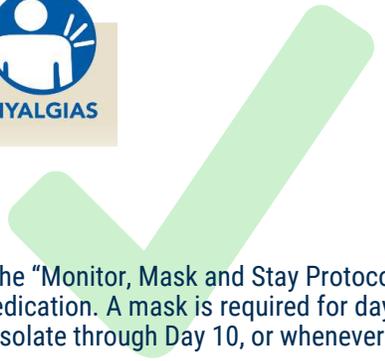


SPUTUM PRODUCTION



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## When to Return to School after Illness:



- **If you have been tested and are diagnosed with COVID19**, you may return to school on Day 6 with the "Monitor, Mask and Stay Protocol" if you have had no symptoms of illness or, if symptoms are resolved for 24 hours without taking medication. A mask is required for days 6-10. If you have COVID-19 and symptoms that have not resolved by Day 5, you should continue to isolate through Day 10, or whenever symptoms are resolved without medication for 24 hours.
- **If you have COVID19-like symptoms but choose not to be tested**, you may return to school no sooner than 6 days after the onset of symptoms AND symptoms resolved for 24 hours without taking any medicine to reduce the fever. A mask is required for days 6-10.
- **If you have COVID19-like symptoms, are tested and receive a negative test result**, you may provide the test result and return to school 24 hours after symptoms resolve with no medication
- **If you have symptoms and visit a doctor who tests you for COVID19 and determines your symptoms are caused by something else besides COVID19**, you can provide a doctor's note and return to school 24 hours after symptoms resolve with no medication
- **If you feel the symptoms were caused by a chronic problem**, such as allergies, please consult your school nurse. Your doctor of school nurse. You may return after symptoms resolve with a health care provider alternate diagnosis exemption
- **If you are vaccinated** and develop symptoms of illness, experience loss of taste or smell, or have been exposed to a positive case, COVID-19 testing and wearing a face covering may be required for attendance. Consult your school nurse

## When to get a COVID-19 test? • If you experience symptoms of illness • If you are identified as a close contact and choose the KPBSD Monitor, Test, and Stay option

\*Exceptions for preexisting conditions will be determined and potentially approved by the school nurse or administrator

KPBSD and COVID19 web hub: [covid19.kpbsd.org](http://covid19.kpbsd.org)

State of Alaska Health and Social Services: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19> CDC: <https://www.cdc.gov/coronavirus>



## Kenai Peninsula Borough School District Symptom-Free Schools Protocol

The purpose of this protocol is to provide a learning environment that promotes the safety, health and welfare of our communities. This applies to students, staff, parents and guardians, volunteers, and visitors.

***People entering KPBSD schools are asked to screen themselves and their children before entering any facility. Please stay home when experiencing symptoms of illness. Need Help? Call your School Nurse.***

### When to Stay Home from School and Contact Your School Nurse

#### ***Stay home if:***

- You have any signs or symptoms of illness
- You are taking the first 24 hours of antibiotic treatment

### When to Return to School After Illness

- **If you have been tested and are diagnosed with COVID-19**, you may return to work or school with one of these options:
  1. If you have not had any symptoms of illness, or if symptoms are resolved for 24 hours without taking medication, you may return on day 6 with [“Monitor, Mask and Stay Protocol.”](#) A mask is required for days 6-10. KPBSD staff and students who have COVID-19 and symptoms that have not resolved by Day 5 should continue to isolate through Day 10, or whenever symptoms are resolved without medication for 24 hours.
  2. If you have COVID19-like symptoms but choose not to be tested, you may return to school no sooner than 6 days after the onset of symptoms AND symptoms resolved for 24 hours without taking any medicine to reduce the fever.
- If you have COVID19-like symptoms, and test negative via one molecular test, *or* two antigen tests (per manufacturer instruction), you may provide the test result to the School Nurse and return to school 24 hours after symptoms resolve with no medication.
- If you have symptoms and visit a doctor who tests you for Covid19 and determines your symptoms are caused by something else besides COVID19, you can provide a doctor’s note and return to school 24 hours after symptoms resolve with no medication.
- If you feel the symptoms were caused by a chronic problem, such as allergies, please consult your School Nurse. You may return after symptoms resolve with a Health Care Provider alternate diagnosis exemption.
- If you are vaccinated and develop symptoms of illness, experience loss of taste or smell, or have been exposed to a positive case, COVID-19 testing and wearing a face covering may be required for attendance. Consult your School Nurse.

### When to get a COVID-19 test?

- If you experience symptoms of illness
- If you are identified as a close contact and choose the KPBSD “Close Contact” option to Monitor, Test, and Stay

## Questions? Consult your school nurse

Revised 1/10/22 Kenai Peninsula Borough School District | [www.KPBSD.org](http://www.KPBSD.org) | 907-714-8888

### *When to stay home and get a COVID-19 test:*

- Fever greater than 100.4°F, chills, or a presumed fever (your child feels very warm)
- New cough
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Headache
- Nausea, vomiting, diarrhea
- Skin lesions or rash