



# 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 or greater
- Cough or Sore Throat
- Shortness of Breath
- Chills, Muscle Pain
- Runny or Stuffy Nose
- 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



MYALGIAS

## When to Return to School after Illness:



- If you have been tested and are diagnosed with COVID19, you may return to school no sooner than 10 days after the onset of symptoms, or the date you took the test that was returned positive, whichever is earlier, and you have been symptom free for 24 hours without medication.
- If you have COVID19-like symptoms but choose not to be tested, you may return to school no sooner than 10 days after the onset of symptoms AND you must be fever-free for 24 hours without taking any medicine to reduce the fever AND you must be free of cough, cold, or other symptoms for 24 hours, without taking medication to reduce symptoms.
- If you have COVID19-like symptoms, are tested and receive a negative test result, you may provide the test results and return to school no sooner than 24 hours after you are symptom free without medication.

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

CDC: <https://www.cdc.gov/coronavirus> KPBSD and COVID19 webpage: <https://bit.ly/KPBSDcovid19>

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



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

The purpose of this protocol is to provide a learning environment that is as free of illness as possible, so students and staff of all health levels can participate in school without fear. By extension, this will also promote the safety, health and welfare of our communities. This applies to students, staff, parents and guardians, volunteers, and any school visitors.

***Parents and Guardians: check your child's temperature every morning before sending them to school. Ask your child how they feel before determining if they should be sent to school.***

### **When to Stay Home from School**

Stay home if:

- You have active vomiting or diarrhea, nausea or abdominal pain
- You have fever, chills, generalized body aches. (Fever threshold will constitute 100.0 degrees Fahrenheit or higher without use of fever-reducing medication like Tylenol or Ibuprofen.)
- If you have any other COVID-19 symptoms: fever, cough, shortness of breath, chills, shaking with chills, muscle pain, runny or stuffy nose, headache, sore throat, new loss of taste or smell.
  - Parent, guardian, or individual should call their health care provider or Public Health first for guidance regarding presenting symptoms and possible testing for COVID-19
- You are taking the first 24 hours of antibiotic treatment
- You have an undiagnosed, new and, or, untreated rash or skin condition
- If you have traveled outside Alaska or returned in the last 14 days and have not yet completed the state-required quarantine and, or, testing protocol

### **When to Return to School After Illness**

- If you have been tested and are diagnosed with COVID19, you may return to school no sooner than 10 days after the onset of symptoms, or the date you took the test that was returned positive, whichever is earlier, and you have been symptom free for 24 hours without medication
- If you have COVID19-like symptoms but choose not to be tested, you may return to school no sooner than 10 days after the onset of symptoms AND you must be fever-free for 24 hours without taking any medicine to reduce the fever AND you must be free of cough, cold, or other symptoms for 24 hours, without taking medication to reduce symptoms
- If you have COVID19-like symptoms, are tested and receive a negative result, you may provide the test result and return to school 24 hours after you have been symptom-free with no medication
- If you have symptoms and visit a doctor who determines your symptoms are caused by something else besides COVID19, you can provide a doctor's note and return to school 24 hours after you have been symptom free with no medication
- If you feel the symptoms were caused by a chronic problem, such as allergies, please consult your school nurse. Your doctor may be able to provide an order with an alternate diagnosis. However, your child will still have to be symptom-free before returning to school