

# A Parent's Guide

When to stay home, get tested, and return.

**1** Check for any New/Unexplained\* Symptoms at home or in school



## SYMPTOMS

- Fever (100F) or chills
- Feels feverish
- Cough, shortness of breath
- Sore throat, nasal congestion, or runny nose
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste/smell
- Nausea/vomiting
- Diarrhea
- MIS-C symptoms:  
rash, neck pain  
bloodshot eyes  
abdominal pain

*\* If student has a documented chronic condition that accounts for symptoms, they are not considered "new/unexplained."*

If yes at home...  
**Isolate at home**

If yes at school...  
**Students will be dismissed**

**2** When to Return to School

Get COVID-19 Test

Positive Test	Negative Test	No Test
10 days after SYMPTOM onset	24 hours of NO fever (without use of meds)	10 days after SYMPTOM onset
<b>AND</b>	<b>AND</b>	<b>AND</b>
24 hours of NO fever (without use of meds)	Symptoms have improved	24 hours of NO fever (without use of meds)
<b>AND</b>	<b>AND</b>	<b>AND</b>
Symptoms have improved	Symptoms have improved	Symptoms have improved

**3** 10-Day Quarantine \*\* if...

- Exposed to household contact who tested positive for COVID-19
  - Traveled outside of the country or on a cruise ship
- OR**

Doctor's note indicating alternative diagnosis\*

\*\* If fully vaccinated, no exclusion, must test 3-5 days after exposure and use a facemask for 14 days or tests negative.



**PreK to 12 DAILY COVID-19 SCREENING**  
Laconia School District Students, Staff and Families

In an effort to keep the school community as healthy as possible, students, parents and staff are **REQUIRED** to screen for symptoms and risk factors of COVID-19 **DAILY** before boarding a bus and/or attending school. Please see the list of symptoms and risk factors provided below so you can clearly identify what symptoms and risk factors warrant that your child needs to stay at home.

**1. Do you/your child have any of these symptoms?**

- Fever (100 F or greater)
- Chills
- Shortness of breath or difficulty breathing
- Headache
- New cough
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you/your child have any of these symptoms, you/your child should stay home, stay away from other people, and you should call your healthcare provider to decide if testing is needed.

**2. Have you/your child had a household contact confirmed to have COVID-19?**

- YES** > If your child is NOT fully vaccinated, they must quarantine for 10 days following the 10 day isolation period of the positive household member (this could be a 20-day quarantine). You/your child **CANNOT** board the bus or be at school. You/your child should contact your school nurse and healthcare provider.
- YES** > If your child IS fully vaccinated (with proof provided), they **CAN** get on the bus and be at school. You must strictly monitor you/your child for any new/unexplained symptom(s) for 14 days after last exposure. It is recommended to wear a face covering for 14 days and get tested (PCR test) on days 3-5 days after exposure.
- NO** > You/your child can board the bus and/or be at school if your child is not experiencing symptoms (see #1).

**3. Have you/your child traveled internationally in the prior 10 days outside of the country or on a cruise ship?**

- YES** > You/your child **CANNOT** board the bus or be at school. Your child can return to school when a full 10 days have passed since travel outside of the country or on a cruise ship.
- NO** > You/your child can board the bus and be at school if your child is not experiencing symptoms (see #1)

**RETURN TO SCHOOL:**

Please refer to "A Parent's Guide" flowchart for when you/your child can return to school/work. There are very specific criteria that must be met before returning to school. (There is a copy of this on the school's website). Thank you for working with us to help keep our students and staff safe and healthy.