



Prince George's County Public Schools
Department of Student Services
Office of School Health

WHEN TO STAY HOME FROM SCHOOL/WORK

If you are sick in the morning, please DO NOT report to school/work and risk your health or the health of others. Resting at home will prevent you from exposing other children or the staff to illness.

Students/Staff should stay home and consult with their Health Care Provider if they have:

1. **COVID-19 symptoms:** Fever 100.4 or greater, cough, shortness of breath, fatigue, muscle or body aches, headache, congestion or runny nose, sore throat, nausea or vomiting, diarrhea, or a new loss of taste and/or smell. **Stay home and contact your provider immediately. We highly recommend that students/staff go for COVID-19 testing.**
2. A temperature greater than 100.4°F taken with an oral thermometer
3. Nausea (upset stomach) or vomiting
4. Diarrhea (frequent, loose, watery stools). Symptoms may include cramps, bloating, nausea and an urgent need to have a bowel movement
5. Stomach pain that is constant. If vomiting starts after the pain begins (call your healthcare provider immediately)
6. A severe headache that is interfering with usual activities
7. A sore throat that causes difficulty swallowing
8. Yellow discharge or crusting on eyelashes in the morning that returns after being cleaned, eye redness, tearing, eye itching, (call your health care provider for an appointment immediately)
9. A skin rash that causes itching and/or is located on most of the body
10. A constant cough and/or difficulty breathing
11. A complaint of feeling ill, a lack of energy and/or a decrease in ability to perform activities, or fatigue

Please immediately notify the School Nurse or the Office of School Health at (301) 749-4722 if you receive a positive COVID-19 test result.

What to do if students/staff have these signs of illness:

If students/staff have symptoms for more than 24 hours or if the symptoms become worse, call your healthcare provider for an appointment. Follow your healthcare provider's advice on administering over the counter medications. Follow your health care provider's advice on when you can safely return to school/work. Please notify the School Nurse or the Office of School Health at (301) 749-4722 if the student/staff has **tested positive for COVID**.

What will happen if a student/staff gets sick at school?

If a student/staff gets sick at school, the student/staff will be seen by the School Nurse. The School Nurse will assess and provide guidance to parents/staff. If the School Nurses' assessment confirms that the student/staff is sick, they will be sent home.

For students: it is important that parents/guardians provide the school with current information including address and phone numbers. If you are not available to pick up your child, it is important that the school have emergency contact phone numbers of persons that can pick up your child in your absence. Be sure to give this information to the Registrar at your child's school. **Please Note:** If your child has COVID-19 symptoms he/she may be placed in isolation and you will be contacted to pick your child up as soon as possible and referred to your child's health care provider for immediate follow up.

Due to the COVID-19 pandemic, normal health room operations may be delayed as your School Nurse may be assisting children who are in isolation or your school health room may be full. Your School Nurse will triage and accommodate sick children as soon as possible.

For staff: it is important that the school principal have emergency contact phone numbers of persons that can pick you up in case of an emergency. Follow the PGCPS algorithm for staff who have COVID-19 symptoms and follow up with your healthcare provider.

When may the student/staff return to school?

The student/staff may return to school when the health care provider clears the student/staff for return to the school building (documentation from the health care provider will be needed), when symptoms have resolved for at least 24 hours, or if the student/staff has taken the antibiotic prescribed by the provider for a full 24 hours. If you have a fever, stay home until the fever has resolved for 24 hours without medication. Please call your School Nurse or the Office of School Health if you have any questions.

Note: Per the CDC's recommendations if the student/staff has **COVID-19 symptoms and a positive test** he or she must stay home (isolate) until the following:

- At least 10 days have passed since symptoms first appeared **AND**
- At least 24 hours have passed with no fever without the use of fever reducing medications **AND**
- All other symptoms (e.g., cough, shortness of breath) have resolved **AND**
- Documented negative PCR test result

Note: If the student/staff was sent home with **COVID-19 symptoms but NOT tested:**

- The ill person should stay home at least 10 days since symptoms first appeared may return on **Day 11 and**
- No fever for at least 24 hours without fever-reducing medication **and**
- Resolution of other symptoms.

Note: If the student/staff has symptoms, is tested, and the **COVID-19 Test is negative**, they can return to school when they:

- Have no fever **and**
- All other symptoms have resolved

Note: If the student/staff has **tested positive for COVID-19 but has no symptoms**, they can return to school on **Day 11** with a negative PCR test results **if they:**

- continue to have no symptoms **AND**
- no re-exposure to persons with COVID-19

Health Department COVID-19 Testing:

The Prince George's County Health Department offers **FREE COVID-19 tests for individuals with or without symptoms** that have been exposed to or are suspected of being exposed to a COVID-19-positive person. Persons do not need an appointment or a doctor's prescription to get tested. Call the **Coronavirus Hotline at 301-883-6627** between the hours of **8:00 AM to 8:00 PM** if you have questions about the County's testing program.

For more ways to protect your family see:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/protect-children.html>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>