Dear Parent/Guardian,

The single most important thing to do if your child has the following symptoms is to keep your child HOME. Some symptoms of COVID-19 are the same as the flu or a bad cold; please do not assume it is another condition. When in doubt, please keep your child home and contact their primary care provider for further guidance.

Below is a list of symptoms for which caregivers should monitor their children every morning before sending them to school or to the bus stop.

**Keep your child home if they have any of these symptoms:**

- Fever (100° Fahrenheit or higher), chills, or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, *when in combination with other symptoms*
- Nausea, vomiting, or diarrhea, *when in combination with other symptoms*
- Headache, *when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*

*The above list is not all-inclusive. Please consult with your child’s medical provider with any other symptoms that are concerning.*

If your child has any of the above symptoms, please contact your child’s primary care provider to obtain further guidance. Your child may return to school if they meet one of the requirements below:

1. Proof of a **negative** test result for COVID-19 and your child has no symptoms for 24 hours without any fever reducing medications. **Per the Massachusetts Department of Public Health,** only a PCR COVID test result will be accepted.
2. Your child’s medical provider has determined a different illness than COVID-19 and has cleared them to return (medical note must be brought to the school nurse).
3. If your child does not get tested, they may return to school 10 days from the start of symptoms as long as their symptoms have improved and they have been without fever for at least 24 hours prior to their return to school without the use of fever reducing medication.

If your child tests positive for COVID-19
- The Massachusetts Department of Public Health exclusion guidelines must be followed prior to returning to school. Please contact your child’s school nurse with any questions.