

## Prince George County Sick Day Guidelines: Making the Right Decision

**Should I keep my child home from school? Parents or caregivers should monitor their children for signs of illness every day, especially for possible symptoms of COVID-19. Keep your child home if he/she has any of the following:**

- **Fever of 100.4 or higher**
- **NEW uncontrolled Cough**
- **Shortness of breath or difficulty breathing**
- **Chills**
- **Muscle aches or pains**
- **Sore throat**
- **Feeling very weak or tired**
- **Vomiting or diarrhea**
- **Loss of taste or smell**
- **Close contact with someone who has tested positive for COVID-19**

**\*\*\*\*Please notify the school that your child will be absent and their symptoms. \*\*\*\***

**When can my child return to school?**

- **Fever free for 48 hours without fever reducing medication and symptom free**
- **Active vomiting or diarrhea- 48 hours since last episode**
- **If COVID-19 is suspected, Doctor's note stating your child is cleared to return**

**Does my child have the flu or COVID-19? Call your doctor** at the first sign of any of the above symptoms. Your doctor will determine if testing is needed and the best way to treat your child's symptoms.

**How can I help prevent my child from getting sick?**

- Teach your child to wash their hands often using plenty of soap and warm water for 20-30 seconds, turn off the faucet with a paper towel, then discard the paper towel in the trash. Handwashing is best but if it is not an option use hand sanitizer (60-95% alcohol based)
- Teach your child to cover coughs and sneezes into their elbow, or into a tissue, then throw the tissue in the trash. Wash hands or use hand sanitizer.
- Teach your child to avoid touching their eyes, nose, and mouth. If they do they should wash their hands or use hand sanitizer afterwards.
- Clean and disinfect frequently touched items and surfaces for example- door knobs, cell phones, remote controls, toys, keyboards, and light switches.
- Keep all immunizations up to date for your child as well as yourself and family members
- Avoid close contact with people who are sick
- Wear face coverings and practice social distancing
- Ask your doctor about getting your child a flu shot

If you have any questions, concerns, or have any symptoms of COVID-19 **please call your doctor**. You may also call the Crater District Health Department 804-863-1652. There is also a hotline for the Virginia Department of Health- COVID hotline 877-ASK-VDH3.

