EXCLUSION LETTER

School_____

Date____

Dear Parent of _____

Your child is being sent home from school today because he/she has a fever of at least 100 degrees or higher and/or a cough and/or is reporting having the following symptoms:

What is the difference between Influenza (Flu) and COVID-19?

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics. For more information about the similarities and differences between the flu and COVID, visit https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.

People with COVID-19 have had a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus.** People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

Nausea or vomitingDiarrhea

• Sore throat

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New loss of taste or smell

Congestion or runny nose

• Headache

This list does not include all possible symptoms. CDC will continue to update this list.

Not all persons with the flu or COVID-19 need to visit their doctor or the emergency room but should follow guidance for home care. If your child has a chronic medical condition for which he/she is under a doctor's care, you should follow the instructions of the physician. If you are not certain, call him or her **before** taking your child to the doctor's office, urgent care or hospital emergency room.

Seek emergency care if your child experiences any of the following:

- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Fast breathing or trouble breathing
- Being so irritated that the child does not want to be held
- Flu-like or COVID symptoms improve but then return with fever and worse cough

Muscogee County School District Department of Health Services

Follow these home care recommendations:

- Keep away from others as much as possible. This is to keep from making other sick.
- Cover your nose and mouth when you cough or sneeze (using your sleeve is good –if a tissue is not available). If you use a tissue to cover coughs and sneezes, throw it away in a trash receptacle as soon as you use it and wash hands.
- Drink clear fluids (such as water, broth, sports drinks, electrolytes beverages for infants) to keep from being dehydrated.
- Dishes can be washed in the dishwasher or with hot soapy water.
- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Have everyone in the household wash hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.

Students with COVID symptoms may return to school under one of the following:

- a) Have a clear alternative diagnosis from a medical provider
- b) *Or* proof of a laboratory confirmed molecular or antigen negative test. In addition to the test, they can return to school once there is no fever without the use of fever-reducing medicines for <u>48 hours</u> and they have felt well for 24 hours.
- c) Or, if a child is suspected of having COVID-19, the student may return to school once:
 - Symptoms have improved, AND
 - The child is free of fever, without medication, for three consecutive days after the 7th day of the onset of symptoms, <u>AND</u>
 - 10 days have passed since the onset of symptoms, and he/she has been cleared to return.
- Students should not attend after school district activities while excluded due to illness.
- * Students should not return to school if they are waiting on test results.

Your child may be admitted back to school no earlier than		, unless
School Nurse/Clinic Worker/ Front Office		·
Clearance from Medical Provider:		
Signature by Medical Health Care Provider:		
Consistent with COVID at time of the exam:	🗆 - yes	🗆 - no
Date student may return to school:		
Phone Number:		
Health Care facility may use stamp		
10/02/2020		

School Nurse Sharepoint Document Location: Forums > Forms and Letters > Exclusion Letters For more detailed information about novel H1N1 home care, visit <u>www.cdc.gov/h1n1flu_</u>or call 1-800-CDC-INF