

COVID-19 Parent Checklist

Student name: _____

- Your student is being sent home from school because he or she has one or more of the following COVID-19 major symptoms: shortness of breath /difficulty breathing, new cough, new loss of taste or smell
- Your student is being sent home from school because he or she has two or more of the following COVID-19 minor symptoms: fever, headache, diarrhea, chills/rigors, sore throat, fatigue, muscle pain/aches, nausea/vomiting, and/or congestion/running nose
- Your student tested positive for COVID-19.

Date first symptom(s) began: _____ 10 days from start of symptoms: _____ Return Date: _____

- Contact your student’s healthcare provider/doctor for medical evaluation.
- If your student is **diagnosed with COVID-19 or tested positive for COVID-19**, he or she can return to school when a parent/guardian can ensure that they can answer **YES** to **ALL** three questions:

Has it been at least 10 days since the student first had symptoms?
 Has it been at least 24 hours since the student had a fever (without using fever-reducing medicine)?
 Has there been symptom improvement, including cough and shortness of breath?

- If your student has received a **negative test AND an alternate diagnosis** that would explain the COVID-19-like symptoms, he or she can return to school following the advice of their healthcare provider/doctor and school policies. *This does not apply to close contacts of individuals with COVID-19.*
- If your student has had a **negative COVID-19 test and has not received an alternate diagnosis**, they can return to school after at least 10 days from the date the first symptoms began once there is no fever without the use of fever-reducing medicines and they have felt well for 24 hours.

Provide all test results/outcomes from your student’s healthcare provider to the school nurse

- You have had close contact (within 6 feet for at least 15 minutes) with someone diagnosed with COVID-19 or exhibiting new loss of sense of taste or smell.

Date of last exposure: _____ Return date (10 days if asymptomatic): _____ Return date (full 14 days): _____

- You **CANNOT** test out of quarantine.
- If your student has been determined to have been in close contact with someone diagnosed with COVID-19, they should remain out of school for 14 days since the last known contact with COVID-19.
- It is acceptable to reduce the quarantine to 10 days as long the contact has remained asymptomatic, continues monitoring their health for the full 14 days, wears a mask, practices social distancing, and has good hygiene.
- If your student becomes symptomatic during this time, have them evaluated by their healthcare provider. See section above for symptomatic students for return to school guidance.
- If your student tests positive during this time and remains asymptomatic, he or she can return to school after it has been at least 10 days since the positive test result.
- If your student tests negative during this time, they still must complete the full 14 days of quarantine due to the incubation period (time they can develop) the virus.

Nurse Signature _____ Date _____



Updated Isolation and Quarantine Timeframes for COVID-19 for Non-Healthcare Personnel (10*/10)

Isolation separates people with an infectious disease, like COVID-19, from people who are not sick.

Cases (includes symptomatic Close Contacts)

- ✓ Must be isolated for at least **10* days** after symptoms first appeared and
- ✓ At least 24 hours have passed since last fever (without the use of fever-reducing medications and
- ✓ Symptoms have improved.

Symptoms may include any of the following: cough, shortness of breath, difficulty breathing, new olfactory disorder, new taste disorder, fever (measured or subjective), chills, rigors, myalgia, headache, sore throat, nausea/vomiting, diarrhea, fatigue, or congestion/runny nose.

** Severely immunocompromised or persons with severe illness may be infectious beyond the 10 days and should isolate for at least 20 days. For these individuals, to end isolation early, 2 negative PCR test results, collected more than 24 hours apart may be used.*

- Cases who never developed symptoms may discontinue isolation 10 days after the collection date of their 1st positive PCR specimen.

Evidence does not support retesting patients within 3 months of their first positive result, if not symptomatic. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

Quarantine separates persons exposed to an infectious disease to see if they may become sick.

New! Close Contacts (without symptoms)

The COVID-19 incubation period and the ideal length of quarantine continues to be 14 days after last exposure to the case. If 14 days of quarantine is not practical, **10 days is acceptable** in order to improve compliance **if** the following conditions are met:

- Continue to monitor for symptoms daily through day 14.
- If any one of the following symptoms are observed, isolate immediately and seek testing: fever, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
- Wear a mask, stay at least 6 feet from others, avoid crowds, wash hands frequently, and take other steps to prevent the spread of COVID-19 in case infectious without symptoms for full 14-day period and beyond.

Long-term care facilities, correctional facilities, and other congregate settings where safe distancing is not always feasible, and populations may be at increased risk disease transmission, severe complications, or death should continue to follow the 14-day quarantine recommendation.

Healthcare Personnel (HCP), continue to refer to this guidance:

<https://alabamapublichealth.gov/covid19/assets/cov-timeframes-isolation-quarantine-hcp.pdf>

Effective 12.11.2020

14 DAY SYMPTOM LOG FOR CLOSE CONTACTS OF COVID-19 CASES

USE TO MONITOR HEALTH FOR 14 DAYS FROM DATE OF LAST CONTACT TO THE POSITIVE CASE

How to use: Two times a day (morning and night), for 14 days, write down the date, your temperature and any COVID-19 symptoms (listed to the right) that you may have.

DAY	DATE	TEMP	SYMPTOMS	
DAY 0	DAY 0 IS THE DAY YOU WERE LAST EXPOSED TO COVID-19.			
DAY 1		AM	AM	
		PM	PM	
DAY 2		AM	AM	
		PM	PM	
DAY 3		AM	AM	
		PM	PM	
DAY 4		AM	AM	
		PM	PM	
DAY 5		AM	AM	
		PM	PM	
DAY 6		AM	AM	
		PM	PM	
DAY 7		AM	AM	
		PM	PM	
DAY 8		AM	AM	
		PM	PM	
DAY 9		AM	AM	
		PM	PM	
DAY 10		AM	AM	
		PM	PM	
DAY 11		AM	AM	
		PM	PM	
DAY 12		AM	AM	
		PM	PM	
DAY 13		AM	AM	
		PM	PM	
DAY 14		AM	AM	
		PM	PM	



Fever > 99.9°F



Difficulty breathing



Loss of taste or smell



Muscle pain



Nausea, diarrhea, or vomiting



Chills



Cough



Runny nose or congestion



Sore throat



Headache



Fatigue

If you get sick: Stay home. Avoid contact with others. You might have COVID-19; most people are able to recover at home without medical care. If you have trouble breathing or are worried about your symptoms, call or text a health care provider. Tell them about your recent exposure and your symptoms. Call ahead before you go to a doctor's office or emergency room.

alabamapublichealth.gov/covid19