

CABOT PUBLIC SCHOOLS

Illness Instructions

Student Name: _____

Date: _____

- Individuals with Covid-19 can experience a wide range of signs and symptoms that vary from very mild to severe. Symptoms may appear **2-14 days after exposure to the virus.**

Below are the symptoms that your student exhibited that suggested further evaluation for Covid-19:

- ☐ Fever of 100.4 degrees F or greater _____
- ☐ Chills
- ☐ Cough
- ☐ Shortness of breath
- ☐ Fatigue
- ☐ Muscle or body aches
- ☐ NEW onset of severe headache, especially with fever
- ☐ NEW loss of taste or smell
- ☐ Sore throat
- ☐ Congestion or runny nose
- ☐ Nausea or vomiting
- ☐ Diarrhea

EMERGENCY warning signs include*:

- **Trouble breathing**
- **Persistent pain or pressure in the chest**
- **New confusion or inability to arouse**
- **Bluish lips or face**

***This list is not all-inclusive. If you are observing these symptoms, or any other symptoms that are severe or concerning, please contact your medical provider.**

In accordance with CDC and ADH guidelines, your child will be able to return to school after meeting the following conditions:

- A minimum of 5 days have passed since symptoms appeared and/or positive Covid result (if no symptoms were present);
- **AND** fever free for 24 hours without the aid of fever-reducing medication;
- **AND** all other symptoms have improved.

OR

- Negative COVID-19 test results are received and fever-free for 24 hours without the aid of fever-reducing medication.
(Rapid antigen test results will not be accepted).

If your child exhibits COVID-like symptoms at home, is diagnosed with COVID-19, or is required to quarantine, please notify your School Nurse. Your child will be able to continue classroom instruction remotely.



