



## Every morning, screen your child for the following symptoms:

- Unusual fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or Vomiting
- Fever (100.4 or greater)
- Cough
- Shortness of Breath
- Sudden Loss of Taste or Smell
- Diarrhea or abdominal pain

## If your child has ANY of the symptoms above:

**Keep your student home from school.**

**Call the school right away and report the reason for absence.**

The office staff will provide instructions and confirm your student's anticipated date of return.

## If you know your child was exposed to someone with COVID:

**Keep your student home from school.**

**Call the school right away and report the reason for absence.**

The office staff will provide instructions and confirm your student's anticipated date of return.

**When you call to report your student's absence for illness or exposure, the school will provide instructions for either a 24 Hour Rule or a 10 Day Rule, depending on the situation.**

### 24 Hour Rule

If your child had only ONE symptom from this list for LESS THAN 24 hours: *fatigue, headache, muscle or body aches, sore throat, congestion, runny nose, nausea, vomiting or diarrhea*

**Then** your child may return after they have felt better for a full 24 hours.

If your child's symptoms persist, keep them home and notify the school.

### 10 Day Rule

If the 10-day rule is for an exposure (quarantine), your student will be at home for the entire 10 days, regardless of a negative COVID test result.

If the 10-day rule is applied for illness symptoms (isolation), your student may be able to return to school sooner provided they have tested negative for COVID-19. Snohomish Health District recommends COVID testing at one of their community testing sites.

[More information about scheduling a test](#)

**Please be sure to report all test results to the school.**