



Healthy Guidelines for Schools

Things to check for and when/how long to keep your child at home

The Colorado Department of Public Health and Environment recently released new guidance for K-12 schools to guide response to the COVID-19 pandemic. PSD staff and students are required to wear a mask on school grounds.

Critical Symptom: Loss of taste or smell

Critical Symptom Response: Follow home isolation for 10 days following symptom onset **AND** be 24 hours fever free without use of fever-reducing medication before returning to school. COVID test recommended.

Major Symptoms:

- Feeling feverish, having chills, temperature of 100.4 F or greater
- New or worsening cough
- Shortness of breath or difficulty breathing

Major Symptom Response:

1. If symptoms resolve within 24 hours of onset **AND** stay resolved an additional 24 hours, return to school. (48 hours total)
 2. If symptoms **DO NOT** resolve within 24 hours, either:
 - Follow home isolation for 10 days following symptom onset **AND** 24 hours fever free without use of fever-reducing medication before returning to school.
 - Get a polymerase chain reaction, or PCR, COVID-19 test. If test is negative, return to school once symptom-free for 24 hours. If positive, follow home isolation for 10 days following symptom onset **AND** 24 hours fever free without use of fever-reducing meds before returning to school.
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Minor Symptoms:

- Sore throat
- Runny nose or congestion
- Muscle or body aches
- Headache
- Fatigue
- Nausea, vomiting
- Diarrhea

Minor Symptom Response:

1. If symptom resolve within 24 hours of onset **AND** stay resolved an additional 24 hours, return to school. (48 hours total)
2. If symptoms resolve within 48 hours of onset **AND** stay resolved an additional 24 hours, return to school. (72 hours total)
3. If symptoms **DO NOT** resolve within 48 hours, either:
 - a. Follow home isolation for 10 days following symptom onset AND 24 hours fever free without use of fever-reducing meds before returning to school.
 - b. Get a polymerase chain reaction, or PCR, COVID-19 test. If test is negative, return to school once symptom-free for 24 hours. If positive, follow home isolation for 10 days following symptom onset AND 24 hours fever free without use of fever-reducing meds before returning to school.

The school nurse or PSD health staff will determine when a student is able to return to school. Please contact the front office at 970.488.4450 to connect with Chelsea Haney (health tech) or Lynne Ryan (school nurse) with any questions.