



## Frequently Asked Questions (FAQ)

### **Q: What are the signs and symptoms of COVID-19?**

- Symptoms may appear 2-14 days after exposure to the virus. The symptoms may range from mild to severe. (See [CDC Website](#)) Symptoms may include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

### **Q: What to do if you are sick?**

- If you are sick with COVID-19 or think you are infected with the virus, **STAY AT HOME**. It is essential that you take steps to help prevent the disease from spreading to people in your home or community. If you think you have been exposed to COVID-19 and develop a fever and symptoms, call your healthcare provider for medical advice.
- Notify the school immediately (nurse, principal, etc.).
- It will be determined if others who may have been exposed (students, staff, etc.) need to be notified, isolated, and /or monitored for symptoms.
- If a Positive case of COVID-19 is diagnosed, Contact Tracing will be implemented with the assistance of local health professionals and the CDC/PA DOH.

### **Q: What does Contact Tracing look like?**

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

**Q: What to do if a student or staff become ill with COVID-19 symptoms during school or during transportation to or from school?**

- Every effort will be made to isolate the ill individual from others, until the student or staff member can leave school.
- If a student, parent/guardian will be contacted immediately and arrangements will be made for the student to be picked up.
- Ill individual will be asked to contact their physician or appropriate healthcare professional for direction.

**Q: When should a student or staff return to school following a COVID-19 diagnosis?**

- Refer to [CDC protocol](#) for return to school.
- After 24 hours fever-free without the use of a fever reducing medication (i.e. Tylenol, Ibuprofen, etc.)
- When symptom free of active vomiting or diarrhea for 24 hours.
- Student or staff should have medical clearance from the Pennsylvania Department of Health (PA DOH) and their physician, determined to be non-contagious, fever free (without fever-reducing medicine for 24 hours), improvement in respiratory symptoms (cough, shortness of breath), and no vomiting or diarrhea.

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## Daily Home Screening for Students

**Parents: Please complete this short check each morning before your child leaves for school.**

### Section 1: Symptoms

If your child has any of the following symptoms, that indicates a possible illness that may decrease the student's ability to learn and also put them at risk for spreading an illness. Please check your child for these symptoms.

	Temperature 100.4 degrees Fahrenheit or higher when taken by mouth
	Sore throat
	New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline.
	Diarrhea, vomiting or abdominal pain
	New onset of severe headache, especially with a fever

### Section 2: Close Contact/Potential Exposure

	Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19
	Traveled to or lived in an area where the local, Tribal, or state health department is reporting large numbers of COVID-19
	Live in areas of high community transmission (as described in the <a href="#">Community Mitigation Framework</a> ) while the school remains open