

## **Returning to school after Covid infection**

Following Saratoga County Public Health guidance, your child can return to school after they have completed 5 full days of isolation and have been fever free for 24 hours without the use of fever-reducing medication and their symptoms have improved.

If your child continues to experience any of the following symptoms **they will need to stay home until they feel better:**

- Vomiting/diarrhea/nausea within the last 24 hours
- Fatigue that makes it difficult for the child to stay focused or where naps are needed
- Runny nose - frequent blowing and/or nasal discharge that dirties the face mask
- Cough that is persistent and/or disruptive to the learning environment

*Please note that the loss of taste and smell and a mild cough can linger for a few weeks following illness.*

Once you leave your isolation, you should continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10). If you are unable to wear a well-fitting mask when around others, you should isolate for a full 10 days.

To calculate your child's isolation date, day "0" is the first day of symptoms or if they did not have symptoms the day the test was administered.

If your child did not have symptoms when they tested positive, but later developed symptoms, their 5-day isolation period will start over with day 0 when the individual first developed symptoms.

Should your child develop any of the following severe symptoms, you should **seek emergency medical care:**

- Change in skin color - becoming pale, patchy and/or blue
- Trouble breathing or is breathing very quickly
- Racing heart or chest pain
- Decreased amount or frequency of urine
- Confusion, not acting right, or will not wake up or stay awake

**The "Affirmation of Completion of Isolation" must be submitted to your school nurse before your child returns to school**

<https://www.saratogacountyny.gov/departments/publichealth/covid19/isolationaffirmation/>