



Student COVID-19 Illness and Return-to-School Guidelines

As we return to in-person learning, please review the following information that will guide you as you perform your child's daily symptoms checks, report absence due to illness, and plan for your child's return to school. These guidelines are based on recommendations from the Centers for Disease Control, IL Dept. of Public Health, and suburban Cook County Dept. of Public Health.

Please feel free to reach out to your school's building nurse with any questions.

Parents must perform a daily symptom assessment on their child prior to school attendance. Please use the symptom list below as a reference. Your child should be given the lanyard to wear as an indication that no symptoms are present and he/she is cleared for school attendance.

When to Keep Your Child Home:

1. If your child is experiencing one or more of these symptoms:

- Fever (100°F or higher) within the past 24 hours
- New onset or worsening of cough (unrelated to asthma/allergies)
- Shortness of breath, difficulty breathing (unrelated to asthma/allergies)
- Sore throat
- Recent loss of taste or smell
- Chills, muscle aches, fatigue
- Headache that persists or worsens
- Diarrhea, vomiting, or nausea

Please contact your child's healthcare provider for further guidance. **See links at the end of this document for testing locations.**

2. If your child has tested positive for COVID-19 or has been tested and is awaiting results.

3. If your child has been exposed to someone who has tested positive for COVID-19.

4. If household members, including siblings, have tested positive or have symptoms (regardless whether partially, fully, or not vaccinated) and are awaiting results.

Please note: Household members who have *recently been vaccinated* may show signs that resemble COVID symptoms but it may not be necessary to quarantine household members.



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If a household member has been vaccinated *within 3 days* and:

- has fever under 100, achiness, fatigue, chills, headache-no need for household members to quarantine
- has fever over 100, cough, shortness of breath, difficulty breathing, loss of taste and/or smell-household members should quarantine until vaccinated individual is evaluated by a healthcare provider

5. Please refer to [District 64 Travel Guidance for Families](#)

District 64, under guidance from Cook County Dept. of Public Health, follows [Chicago's Emergency Travel Order](#). This states that children under the age of 18 are exempt from the Order if they traveled with parents/guardians who have received a negative pre-arrival COVID-19 test. *(If an adult tests positive, students must remain home and quarantine for 14 days following last contact with that adult. Please consult the building nurse for guidance.)* For international travel, see [CDC Travel Recommendations](#).

[How to Report Your Child's Absence:](#)

1. Call the school office to report your child's absence. Please be prepared to provide details related to your child's illness.
2. Fill out the COVID-19 Symptom Checklist within the [PowerSchool Parent Portal](#). This action will notify the building nurse to contact you to provide further instruction about your child's return to school.
3. If your child is required to isolate for illness or quarantine due to exposure or following travel, please remember to inform any other community programs that your child attends (ex. Beyond the Bell, preschool).

[Return to School Guidelines:](#)

Positive COVID-19 test or is a probable case (symptoms but not tested, but has been exposed to a positive case):

May return when fever-free for 24 hours without use of fever-reducing medication, 10 days must have passed since the first symptom appeared or date of positive test (whichever came first), and there must be an improvement in symptoms.



Showing COVID-19 symptoms but has a negative COVID-19 test:

May return after symptoms have improved, no fever for 24 hours without use of fever-reducing medication, and must provide documentation of negative COVID-19 result or healthcare provider's note indicating negative result. (If the child is a close contact to a positive case or there is an outbreak in the school community, your child will need an RT-PCR test. The building nurse can advise on the type of diagnostic test that is acceptable.)

Showing COVID-19 symptoms, but has been identified with an alternative diagnosis without COVID-19 testing (i.e. influenza, gastroenteritis, strep throat):

May return when fever-free for 24 hours without fever-reducing medication, symptoms have improved, prescribed treatment has been completed, and there has been no vomiting or diarrhea during the past 24 hours. Must submit a healthcare provider note that documents the alternative diagnosis **and** states that there is no clinical suspicion for COVID-19.

Showing COVID-19 symptoms but without testing or healthcare provider evaluation:

May return after 10 days from onset of symptoms and fever-free for 24 hours without use of fever-reducing medication, and an improvement in symptoms.

Traveled out of state or out of the country:

Refer to [Travel Guidance for District 64 Families](#)

Out of state travel: [Chicago Emergency Travel Order](#)

International travel: [CDC International Travel Guidance](#)

No symptoms, but has been exposed to a confirmed or probable COVID-19 case:

Remain home for 14 days following the last contact with the confirmed or probable case. During this time please monitor closely for symptoms and obtain testing if they develop. However, if your child has had COVID-19, quarantine is not necessary if it has been less than 90 days since his/her positive test.

No symptoms, but a household member is showing symptoms and/or awaiting test results:

Remain home until the household member's results are available. If results are negative, your child may return. If the household member tests positive, your child must quarantine for 14 days after the last contact with the positive individual. If it is not possible for your child to quarantine from the positive individual, your child's quarantine period begins on Day 10 of that person's illness.



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Definitions:

Quarantine refers to the time period (14 days) that a well person remains at home to monitor for symptoms following exposure to a positive or probable case. During this time, daily symptoms monitoring should continue through the last day of quarantine. If any symptoms develop during or after ending quarantine, the individual should immediately self-isolate and contact a healthcare provider to report symptoms and arrange for testing.

Isolation refers to the time period (10 days) that a person with symptoms (no testing or medical evaluation) or a positive test must remain at home.

Exposure occurs when there has been close contact with a positive or probable case.

Close contact occurs when an individual has come within 6 feet for longer than 15 cumulative minutes, with or without wearing a mask, to a person who is a positive or probable case.

The following locations offer testing. Please contact them directly for hours and availability.

[Illinois Department of Public Health](#) Testing Sites

[Walgreens Pharmacy](#)-Park Ridge

[Physician's Immediate Care Center](#)-Park Ridge

[CVS Pharmacy](#)-Niles

[Northshore Immediate Care Center](#)-Niles

[Northshore Immediate Care Center](#)-Skokie

[Physician's Immediate Care](#)-Norridge

[Innovative Corona Testing](#)-Chicago (results 4-8 hours)

[Midwest Express Clinic](#)-Skokie