COVID-19 Guidance for Parents, Students

Before attending school in person

Monitor your child for any symptoms every morning and react accordingly:

✓ **No Symptoms**
- Send child to school.

✗ **Symptoms**
- Keep your child home from school.
- Call your health care provider or the Aspirus Call Center.

Should your child be tested?

Yes, if your child was sent home from school due to having symptoms of COVID-19 or is expressing 2 or more symptoms within the last 24 hours.

What is the test like?

- The test may be a swab of the inside of the nose or back of the nose.
- Swab is done with what looks like a long Q-tip.
- People commonly report mild discomfort and it causes them to sneeze.
- Test takes only a few seconds in each nostril.

What if my child is tested?

- While you wait for your child's result, your child should isolate at home.
- If anyone else in the household is experiencing symptoms, they should also self-isolate.
- Household members with no symptoms should use good hand hygiene, wear a mask and practice physical distancing, unless given other instructions by a health department staff member.

What if my child is positive for COVID-19?

Your child is required to stay home (isolate) until:

- At least 10 days have passed since their first symptoms;
- They have been fever-free for at least 24 hours without fever-reducing medication, AND;
- Their other symptoms have improved for at least 24 hours.

Additional resources

You can find additional information on our website aspirus.org/covid19, or you can contact your county health department for guidance and questions.

844-568-0701
Aspirus COVID-19 Call Center

COVID-19 symptoms

- Fever at or above 100° F or chills
- Runny nose or nasal congestion
- Sore throat
- Unusual fatigue
- Nausea or vomiting
- Headache
- Muscle ache
- Diarrhea

* Anyone experiencing COVID-19 symptoms should get tested and self-quarantine (stay at home).

Testing

- Free for you and your household.
- Tests are available to you regardless of whether you are a patient of our clinic or system.
- Results typically delivered within 3-7 days.

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COVID-074