

## 2021-22 PSD Return to Learn/Work after Major or Minor Illness Symptoms



Note: This guidance is NOT intended for cases or close contacts of COVID-19. A confirmed COVID-19 case or close contact should follow public health isolation or quarantine instructions for return to school/work.

### Major Symptoms:

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| <ul style="list-style-type: none"><li>Feeling feverish, having chills, temperature of 100.4° F or greater</li></ul> | <ul style="list-style-type: none"><li>New or worsening cough</li><li>Loss of taste or smell</li></ul> | <ul style="list-style-type: none"><li>Shortness of breath or difficulty breathing</li></ul> |
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### Major Symptom Response:

- If symptoms resolve within 24 hours of onset follow regular return to school illness policies. Student must have **no fever, vomiting, or diarrhea in prior 24 hours without use of medication.**
- If symptoms DO NOT resolve within 24 hours, either:
  - Follow home isolation for 5 days following symptom onset AND 24 hours diarrhea, vomiting or fever free without use of medications before returning to school on or after day 6.
  - Get a PCR or molecular COVID-19 test.
    - If the test is negative, return to school once symptoms have resolved or are improving.
    - If positive, follow home isolation for 5 days following symptoms onset AND 24 hours vomiting, diarrhea, and fever free without use of medications before returning to school on or after day 6.
- Symptoms must be improved and not interfere with learning or effective mask wearing.

### Minor Symptoms:

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| <ul style="list-style-type: none"><li>Sore throat</li><li>Runny nose or congestion</li><li>Muscle or body aches</li></ul> | <ul style="list-style-type: none"><li>Headache</li><li>Fatigue</li></ul> | <ul style="list-style-type: none"><li>Nausea, vomiting</li><li>Diarrhea</li></ul> |
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### Minor Symptom Response:

- If symptoms resolve within 24 hours of onset, follow regular return to school illness policies. **Must have no fever, vomiting, or diarrhea in last 24 hours without taking medication.**
- If symptoms are mild only and resolve within 48 hours of onset, follow regular return to school illness policies.
- If symptoms DO NOT resolve within 48 hours, either:
  - Follow home isolation for 5 days following symptom onset AND 24 hours vomiting, diarrhea, and fever free without use of medications before returning to school on or after day 6.
  - Get a PCR or molecular COVID-19 test.
    - If the test is negative, return to school once symptoms are resolved or are improving.
    - If positive, follow home isolation for 5 days following symptom onset AND 24 hours vomiting, diarrhea, and fever free without use of medications before returning to school on or after day 6.
- Symptoms must not interfere with learning or effective mask wearing.

**The school nurse or PSD health staff will determine when a student is able to return to school. School administrators, department leaders, or supervisors will communicate with staff about their return to work. Sources:** Larimer County Department of Health and Environment (LCDHE), Colorado Department of Public Health and Environment (CDPHE), Colorado Department of Education (CDE), Centers for Disease Control and Prevention (CDC). Updated September 2021.