



Public Health

LARIMER COUNTY | HEALTH AND ENVIRONMENT

1525 Blue Spruce Drive, Fort Collins, Colorado 80524, 970.498.6700, www.larimer.gov/health

Respiratory Illness for Your Child (COVID-19, Influenza, RSV)

This document outlines guidance for routine decisions about when children and staff should stay home. During outbreaks or increased community transmission, requirements may become more stringent.

There are four main reasons for children and adults to stay home:

1. The child or staff member could infect others with a contagious illness, either because of symptoms, a diagnosis, or recent exposure to a contagious illness.
2. The child or staff member does not feel well enough to take part in usual activities. For example, a child is overly tired, fussy, or will not stop crying.
3. A child needs more care than teachers and staff can give while still caring for the other children.
4. The child or staff member has symptoms or an illness on this list, and staying home is required.

Isolation (Has symptoms or has a positive test result):

- COVID-19: Those who test positive for COVID-19 should stay home until fever-free for 24 hours, AND other symptoms have improved, AND it has been at least 5 days from start of symptoms (with date of onset as day 0). A well-fitting mask must be worn for 5 days after isolation. When it is not feasible to reliably wear a mask (days 6-10), the individual should stay home for a full 10-days and return on day 11.
 - After you have completed 5 full days of isolation AND are feeling better, if you test negative twice at least 48 hours apart, you may discontinue wearing a mask before day 10.
- Influenza, RSV, and Croup: Children and staff should stay home until they are fever-free for 24 hours without the use of fever-reducing medications and other symptoms have been improving for 24 hours.
- Strep Throat: Stay home for 12 hours after starting antibiotics.
- Refer to the flowchart provided for guidance on symptoms not due to a specific diagnosed illness or other illness listed above.





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Quarantine (Exposed to someone with a respiratory illness):

- Quarantine is no longer required for COVID-19.
- Individuals who were recently exposed may wish to take precautions such as masking while indoors and around others for several days (up to 10) following their date of last exposure.
- In childcare settings, parents should also consider keeping household members with sick siblings home to prevent further spread within the facility.

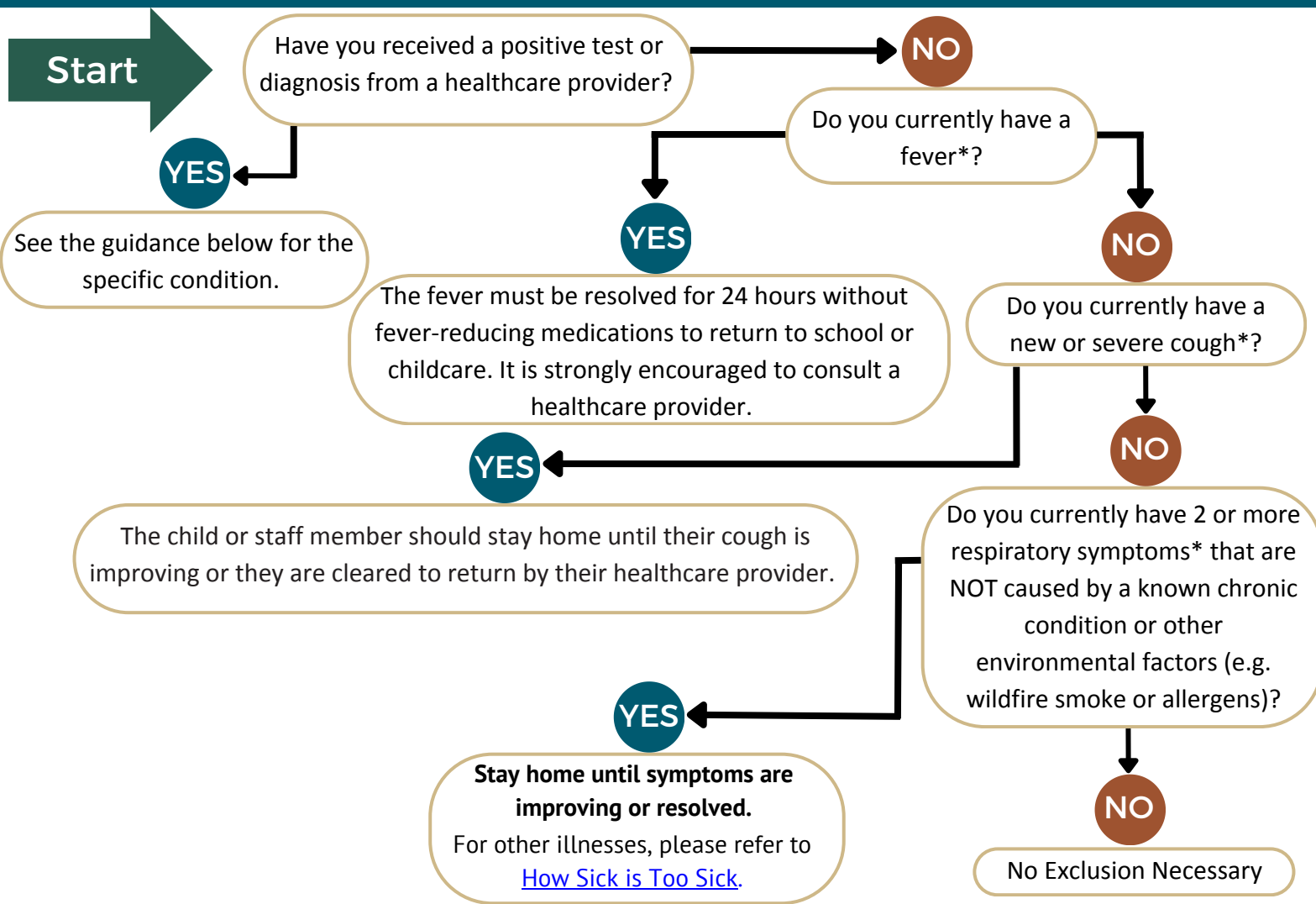
Additional Recommendations:

- Stay up to date with recommended vaccinations.
- Know the common symptoms of respiratory illness and contact your healthcare provider if symptomatic.
- Encourage frequent hand hygiene and frequent disinfecting within the home, especially when one is sick.
- Face masks can be worn to provide additional protection for high-risk individuals and in high-risk settings.

For additional assistance or questions, please call our Communicable Disease team at 970-498-6708 or email us at comm-disease@larimer.org.

Evaluating Respiratory Illness in a School or Childcare Setting During Routine Operations

Definitions of Symptoms* Provided Below



Guidance for Specific Conditions:

COVID-19: Those who test positive for COVID-19 should stay home until fever-free for 24 hours, AND other symptoms have improved, AND it has been at least 5 days from start of symptoms. A well-fitting mask must be worn for 5 days after isolation. When it is not feasible to reliably wear a mask (days 6-10), the individual should stay home for a full 10-days.

NOTE: After you have ended 5-day isolation AND are feeling better: with 2 negative tests 48 hours apart, you may remove your mask before day 10.

Influenza (flu), RSV, and Croup: Children and staff should stay home until they are fever-free for 24 hours without using fever-reducing medications and other symptoms have been improving for 24 hours.

Strep Throat: Stay home for 12 hours after starting antibiotics.

Symptom Definitions:

Fever: Fever is a temperature of 100.4°F or greater. Babies 3 months or younger need to see a healthcare provider right away for a fever of 100°F or higher.

Severe Cough: Uncontrolled coughing, wheezing, rapid breathing, or difficulty breathing (if new or worsening from baseline).

Respiratory symptoms: May include sore throat, runny nose, congestion, fatigue, body aches.

This guidance is meant for school and childcare settings and should not replace the guidance or direction of a healthcare provider. We recommend contacting your healthcare provider for any health-related issues.