



# CSDNB 2022-2023 Student Illness Guidelines

## COVID-19 and Other Illness Information for CSDNB Families

### My child is ill:

**Do not** send any children to school if they are sick, not feeling well enough to participate fully in school, or if they have COVID-19 or other illness symptoms. **This includes:**



A temperature of 100.5° or higher



Frequent coughing or sneezing



Vomiting more than 1 time



Severe headache



Diarrhea more than 1 time



Severe body aches or pain



Severe sore throat



Severe fatigue



Difficulty breathing

It is most important to keep your child home from school if they are ill, in order to prevent spreading illnesses to fellow students and school staff. **We recommend testing for COVID-19** if your child has COVID-like symptoms, or if your child came in close contact with someone who has tested positive for COVID within the last 14 days.

### My child tests positive for COVID-19:

**Do not** send your child to school.

Your child must isolate from others for **at least 5 full days** from the date the symptoms first started (day 0) or the day that your child tested positive.

DAY 0 (day symptoms first started)	DAY 6 (child can return to school)
Sunday	The Following Monday
Monday	The Following Monday
Tuesday	Monday
Wednesday	Tuesday
Thursday	Wednesday
Friday	Thursday
Saturday	Friday

Your child may return to school on days 6-10 providing that:

- Your child's COVID-19 symptoms have significantly improved or are gone.
- Your child is able to wear a mask consistently when they are around others for days 6 through 10.

**However, your child will need to remain home longer if:**

- You choose to not have your child wear a mask on days 6-10 while at school. If your child is unable to wear a mask, they will need to stay home until day 11.
- Symptoms continue. Your child needs to stay home until their symptoms are significantly improved or gone.