该指导是由公共卫生和卫生保健专业人士根据公认的公共卫生原则，在 COVID-19 致病源病毒在佛蒙特州社区当中的传播率极低的状况下制定。我们可能会根据各地和州的情况变化对其进行修订。

如果我的孩子在家中出现症状或在儿童保育机构或校外看护机构生病，应该怎么办？

- 如果您的孩子出现以下任何症状，请将其留在家中，并致电机构主管或家庭儿童保育服务提供者为其请假。
- 如果您的孩子在儿童保育机构或校外看护机构期间出现以下症状，则他们将被转移到专门为身体不适的孩子设立的区域，同时机构将要求您尽快将您的孩子接走。
- 虽然我们强烈建议孩子的医疗保健提供者与其家人一起决定孩子何时可以返回看护机构，但此类决定必须最终能够确保孩子所在社区的健康和安全。

我的孩子什么情况下需要接受 COVID-19 检测？

咳嗽（新出现） 呼吸急促或呼吸困难 味觉丧失（新出现） 嗅觉丧失（新出现） 单纯发热持续超过 24 小时（体温高于100.4°F）	如果您的孩出现以下**任何一种**症状，则可能需要接受 COVID-19 检测。 • 请致电孩子的医疗保健提供者，寻求医疗建议以及可能的就诊或转诊以进行检测。 • 与孩子的机构主管或家庭儿童保育服务提供者沟通并制定计划。
发热（体温高于100.4°F） 畏寒 肌肉酸痛或全身酸痛 头痛 咽喉痛 疲劳 鼻塞或流涕（新出现） 恶心或呕吐 腹泻	如果您的孩子出现以下**两种或两种以上**症状，则他们**可能需要接受 COVID-19 检测**。 • 请致电孩子的医疗保健提供者，寻求医疗建议以及可能的就诊或转诊，以确定下一步行动计划。 • 与孩子的机构主管或家庭儿童保育服务提供者沟通并制定计划。 如果您的孩子**仅出现以下一种**症状，则可将其留在家中，直到： • 他们在没有使用退烧药的情况下至少 24 小时没有发烧。 • 他们已经至少持续 24 小时感觉身体好转（症状改善或消失）。

我的孩子什么时候可以返回儿童保育机构或校外看护机构？

您*无需*医生签字的病假条即可让您的孩子重新进入儿童保育或校外看护机构。

- 如果您的孩子**接受了 COVID-19 检测**：
  - 他们必须进行隔离，直至收到检测结果。

  - 如果检测结果为**阴性**，则他们可以在以下情况下返回儿童保育机构或校外看护机构：
    - 您的孩子在没有服用退烧药的情况下 24 小时没有发烧。**同时**
    - 您的孩子感觉身体好转，**并且**其症状正在改善。

  - 如果检测结果为**阳性**，则他们可以在以下情况下返回儿童保育机构或校外看护机构：
    - 在未使用退烧药的情况下，连续 24 小时未出现发烧症状，**同时**
    - 其他症状有所改善，**并且**
    - 自出现任何症状以来，至少已经过去 10 天。

- 如果您的孩子因为仅出现上方黄色框中的一种症状而**并未**接受 COVID-19 检测，则在以下情况下，他们可以返回儿童保育机构或校外看护机构：
  - 您的孩子在没有使用退烧药的情况下 24 小时没有发烧，**同时**
  - 您的孩子已经至少持续 24 小时感觉身体好转（症状改善或消失）。

- 如果您的孩子有红色框中任何症状或黄色框中两种或两种以上症状，但是他们的医疗保健专业人员没有察觉且没有进行 COVID-19 检测，则在以下情况下，他们可以返回儿童保育机构或校外看护机构：
  - 在未使用退烧药的情况下，连续 24 小时未出现发烧症状，**同时**
  - 其他症状有所改善，**并且**
  - 自出现任何症状以来，至少已经过去 10 天。

本文件经罗德岛卫生部许可改编

儿科患者（学前班 – 12 年级）的 COVID-19 分诊、评估、检测和复学

强有力的健康开始：佛蒙特州学校安全与卫生指导

This guidance was developed by public health and health care professionals using proven public health principles at a time when community transmission of the virus that causes COVID-19 illness in Vermont is extremely low. It may be revised in response to changing local and state circumstances.

What happens if my child has symptoms at home or gets sick in a child care or an out of school care program?

- If your child has any of the symptoms listed below, keep them home and call the program director or family child care provider to report their absence.
- If your child has any of the symptoms listed below while at child care or an out of school care program, they will be moved to an area set up specifically for children not feeling well and you will be called to come pick up your child as soon as possible.
- While it is strongly encouraged that decisions about when a child may return to care are made with the child's health care provider and the family, such decisions must ultimately ensure the health and safety of your child's community.

When does my child need a COVID-19 test?

Symptoms	Guidance
Cough (new) Shortness of breath or difficulty breathing Loss of taste (new) Loss of smell (new) Fever alone that persists > 24 hours (temperature higher than 100.4°)	If your child has **ANY ONE** of these symptoms, they likely **need a COVID-19 test.** • Call your child's healthcare provider for medical advice and possible office visit or referral to be tested. • Communicate the plan with your child's program director or family child care provider.
Fever (temperature higher than 100.4°) Chills Muscle or body aches Headache Sore throat Fatigue Congestion or runny nose (new) Nausea or vomiting Diarrhea	If your child has **TWO OR MORE** of these symptoms, they **MIGHT need a COVID-19 test**. • Call your child's healthcare provider for medical advice and possible office visit to determine what to do next. • Communicate the plan with your child's program director or family child care provider. If your child has **ONLY ONE** of these symptoms, keep your child at home until: • They have had no fever for at least 24 hours without the use of fever-reducing medicine. • They have felt better for at least 24 hours (symptoms are improved or gone).

When can my child go back to child care or an out of school care program?

You *do not* need a signed doctor's note for your child to re-enter child care or an out of school care program.

- If your child **had a COVID-19 test:**
  - They must quarantine until they have received results of the test.

  - If the test results are **NEGATIVE**, they can go back to child care or an out of school care program after:
    - Your child has had no fever for 24 hours without taking fever-reducing medicine. **AND**
    - Your child feels better, **and** their symptoms are improving.

  - If the test results are **POSITIVE**, they can go back to child care or an out of school care program after:
    - It has been 24 hours of no fever without the use of fever-reducing medication, **AND**
    - Other symptoms have improved, **AND**
    - At least 10 days have passed since any symptoms appeared.

- If your child **did not** have a COVID-19 test because they only had one of the symptoms in the yellow box above, they can go back to child care or an out of school care program when:
  - Your child has had no fever for 24 hours without the use of fever-reducing medicine **AND**
  - Your child has felt better for at least 24 hours (symptoms are improved or gone).

- If your child had any symptom in the red box or two or more symptoms in the yellow box but was not seen by their health care professional and did not have a COVID-19 test, they can go back to child care or an out of school care program after:
  - It has been 24 hours of no fever without the use of fever-reducing medication, **AND**
  - Other symptoms have improved, **AND**
  - At least 10 days have passed since any symptoms appeared.

This document was adapted with permission from the [Rhode Island Department of Health](#)

[COVID-19 in Pediatric Patients (Pre-K – Grade 12) Triage, Evaluation, Testing and Return to School](#)

[A Strong and Healthy Start: Safety and Health Guidance for Vermont Schools](#)

Revised October 6, 2020   **English**