

本指南是由公共卫生和卫生保健专业人士利用经过验证的公共卫生原则制定，目前佛蒙特州可导致 COVID-19 疾病病毒的社区传播率极低。可能会根据当地和州情况的变化进行修订。

### 如果我的孩子在家中出现症状或在学校患病该怎么办？

- 如果您的孩子出现以下任何一种症状，请将其留在家中不要上学，并致电学校报告其缺勤。
- 如果您的孩子在校期间出现以下任何一种症状，校方会将其转移到专为身体不适的学生所设置的区域，且会尽快通知您来接走孩子。
- 我们建议您签署一份同意书，以便在您的孩子患病时，允许您孩子的学校护士（如果有）与医疗保健提供方共享信息。
- 虽然我们强烈建议与学校护士、学生的医疗服务提供方和学生家庭一起决定学生何时可回学校，但这些决定必须最终确保您的孩子所在学校和社区的健康和安全。

### 我的孩子何时需要进行 COVID-19 检测？

咳嗽（新出现）	<p>如果您的孩子出现这些症状中的任何一种，则他们很可能需要进行 <b>COVID-19</b> 检测。</p> <ul style="list-style-type: none"> <li>• 请致电您的孩子的医疗服务提供方，以获得医疗建议和可能的门诊就诊或转诊以进行检测。</li> <li>• 与您孩子的学校护士或指定人员进行计划沟通。</li> </ul>
呼吸急促或呼吸困难	
味觉丧失（新出现）	
嗅觉丧失（新出现）	
持续 24 小时以上的单纯发热（体温高于 100.4 华氏度）	
发热（体温高于 100.4 华氏度）	<p>如果您的孩子出现这些症状中的两种或两种以上，其可能需要进行 <b>COVID-19</b> 检测。</p> <ul style="list-style-type: none"> <li>• 致电给您孩子的医疗服务提供方，寻求医疗建议和可能的门诊就诊，以确定下一步的行动。</li> <li>• 与您孩子的学校护士或指定人员进行计划沟通。</li> </ul> <p>如果您的孩子仅出现这些症状中的一种，请让孩子待在家中直</p>
发冷	
肌肉或身体疼痛	
头痛	
咽喉痛	
疲劳	

鼻塞或流鼻涕（新出现）	到： <ul style="list-style-type: none"><li>• 您的孩子在未使用退烧药情况下，至少在 24 小时内无发热症状。</li><li>• 您的孩子至少在 24 小时内感觉好转（症状改善或消失）。</li></ul>
恶心或呕吐	
腹泻	

### 我的孩子何时可回学校？

您无需经医生签字的通知书即可让您的孩子返校。

- 如果您的孩子进行了 **COVID-19** 检测：
  - 其必须进行隔离，直至收到检测结果为止。
  - 如果检测结果是阴性，其可在以下情况下重返学校：
    - 您的孩子在未使用退烧药情况下，在 24 小时内无发热症状。且
    - 您的孩子感觉好转，且其症状正在改善。
  - 如果检测结果是阳性，其可在以下情况下重返学校：
    - 在未使用退烧药情况下，在 24 小时内无发热症状，且
    - 其他症状已经改善，且
    - 自出现任何症状以来，已至少经过 10 天。
- 如果您的孩子因其只出现了上面黄色方框中的一种症状，而未进行 **COVID-19** 检测，其可在以下情况下重返儿童保育机构或校外看护机构：
  - 您的孩子在未使用退烧药情况下，在 24 小时内无发热症状，且
  - 您的孩子至少在 24 小时内感觉好转（症状改善或消失）。
- 如果您的孩子出现红色方框中的任何症状或黄色方框中的两种或两种以上的症状，但未被其卫生保健专业人员发现，也未进行 **COVID-19** 检测，其可在以下情况下重返学校：
  - 在未使用退烧药情况下，在 24 小时内无发热症状，且
  - 其他症状已经改善，且

- 自出现任何症状以来，已至少经过 10 天。

本文件经[罗德岛卫生部](#)许可改编

[COVID-19 儿童患者（园前幼儿园年级 - 12 年级）的分诊、评估、检测和返校](#)

[强健且健康的开始：佛蒙特州学校安全与健康指南](#)

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 school?

- If your child has any of the symptoms listed below, keep them home from school and call the school to report their absence.
- If your child has any of the symptoms listed below while at school, they will be moved to an area set up specifically for students not feeling well and you will be called to come pick up your child as soon as possible.
- We encourage you sign a consent form that allows information to be shared between your child's school nurse (when available) and health care provider when your child is sick.
- While it is strongly encouraged that decisions about when a student may return to school are made with the school nurse, the student's health care provider, and the family, such decisions must ultimately ensure the health and safety of your child's school and community.

### When does my child need a COVID-19 [test](#)?

Cough (new)	<p>If your child has <b>ANY ONE</b> of these symptoms, they likely <b>need a COVID-19 test.</b></p> <ul style="list-style-type: none"> <li>• Call your child's healthcare provider for medical advice and possible office visit or referral to be tested.</li> <li>• Communicate the plan with your child's school nurse or designated personnel.</li> </ul>
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 °)	
Fever (temperature higher than 100.4 °)	<p>If your child has <b>TWO OR MORE</b> of these symptoms, they <b>MIGHT need a COVID-19 test.</b></p> <ul style="list-style-type: none"> <li>• Call your child's healthcare provider for medical advice and possible office visit to determine what to do next.</li> <li>• Communicate the plan with your child's school nurse or designated personnel.</li> </ul> <p>If your child has <b>ONLY ONE</b> of these symptoms, keep your child at home until:</p> <ul style="list-style-type: none"> <li>• They have had no fever for at least 24 hours without the use of fever-reducing medicine.</li> <li>• They have felt better for at least 24 hours (symptoms are improved or gone).</li> </ul>
Chills	
Muscle or body aches	
Headache	
Sore throat	
Fatigue	
Congestion or runny nose (new)	
Nausea or vomiting	
Diarrhea	

## When can my child go back to school?

You **do not** need a signed doctor's note for your child to re-enter school.

- 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 school 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 school 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 school 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](#)