

## What happens when my child is sick?

The symptoms of COVID-19 are similar to many other illnesses. Symptoms such as cough, runny nose, and upset stomach can be caused by many different germs or health conditions, and are common among school-aged children. This factsheet can help you prepare in case your child gets sick and is sent home or stays home from school.

## What are the symptoms of COVID-19?

Your child will be sent home, or asked to stay home, if they have any of these symptoms:

- Fever (100.4 or greater)
- Cough
- Shortness of breath
- Chills
- Fatigue
- Muscle pain or body aches
- Headache
- Sore throat
- Loss of taste or smell
- Congestion or runny nose
- Nausea, vomiting or diarrhea (diarrhea is defined as frequent loose or watery stools compared to child's normal pattern)

## What happens after my child is home sick?

Students and staff should not attend school in person until they are no longer considered contagious. A group of pediatric and infectious disease specialists in Vermont worked with the Health Department to create [“COVID-19 in Pediatric Patients \(Pre-K – Grade 12\) Triage, Evaluation, Testing and Return to School”](#) to help your child's health care provider and school nurse determine what to do next when your child is sick depending on your child's health history and symptoms. Please make sure that you have signed a consent for your school nurse to talk with your health care professional as their partnership will be essential in decision making about your child's return.

- If your child has mild symptoms that resolve quickly, they may return to school. When possible, please discuss with school nurses.
- Speak with your child's health care provider to decide if they need to be seen.
  - Based on this, your child may need to receive a COVID-19 test.
  - If tested, the results will determine when your child can return to school. Students may not return to in-person school while [waiting for COVID19 test results](#).
- Parents/caregivers may receive a communication tool from their child's school or pediatric health care professional to make sure everyone is talking together about what is best for your child.