



Returning to School in August 2020

COVID-19 is still spreading in Illinois. We are working with our local, state and federal partners to stay updated and give you the best information we have. Please know that this information is subject to change based on recommendations.

What are the symptoms of COVID-19?

- Fever (at least 100.4 degrees)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Extreme fatigue
- Muscle or body aches
- Persistent headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Diarrhea

What steps can I take to help prevent my child from getting COVID-19?

Talk with your child about taking everyday steps to prevent getting sick:

- Wash hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick even if inside their own home.
- Stay at least 6 feet (about 2 arm's length) from other people.
- Cover their mouth and nose with a cloth face cover when around others.
- Cover coughs and sneezes.
- Clean and disinfect frequently touched surfaces daily.
- Be alert for symptoms of COVID-19. Take temperature if symptoms develop.
- Follow CDC guidance if symptoms develop.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

How long does it take for symptoms to develop?

It can take up to 14 days for people with COVID-19 to start showing symptoms. Some people have very mild symptoms, some people become really sick, and some people don't have any symptoms at all.

Do I have to certify that my child is symptom free each day?

Yes, IDPH requires that schools conduct symptom screenings and temperature checks or require that individuals self-certify that they are free of symptoms before entering school buildings. Auburn School District also requires the same screening before students board our school busses. Students with identified COVID-19 symptoms and/or a temperature of 100 degrees or higher must stay home. Their absences must be called into their school by 9am. Student temperatures may be spot checked at any time during the school day.

I'm worried my child has COVID-19. What are the testing and reporting requirements, and where can I find COVID-19 testing?

Students must get tested as soon as possible after they develop one or more symptoms, or if one of their household members or non-household close contacts test positive for COVID-19. First, call your primary care physician. If you don't have a physician, call the Sangamon County Department of Public Health hotline at 217-321-2606. They will likely direct you to get your child tested.

How do I know if my child has been around someone who is sick?

Our local public health department has a system to tell whether someone should stay home. Local public health staff will call you if your child falls into this group that could have potentially been exposed.

What do I do if I'm notified that my child was in close contact with someone who has tested positive for COVID-19?

- Contact your health care provider and immediately get your child tested for COVID-19. Even if your child receives a negative test result, they will need to test again on day 10 of the last day of exposure to the case.
- Your child will need to quarantine for a full 14 days (even with a negative test result) after the date of the last exposure to the COVID-19 positive, non-household contact.

What do I do if my child tests positive?

- Notify the district nurse, Jennifer Kessler, RN or Nikki Norris, RN immediately of the positive test.
- Your child will need to quarantine for 14 days after symptom onset, OR seven days after resolution of symptoms, whichever is longer.
- Contact school to report the absence.

What if my child tests positive for COVID-19 but does not show any symptoms?

If your child is showing no symptoms, yet still tests positive for COVID-19, you will still need to:

- Notify the district nurse, Jennifer Kessler, RN or Nikki Norris, RN immediately of the positive test.
- Your child will need to stay home and away from others as much as possible for 14 days after symptom onset, or 7 days after resolution of symptoms, whichever is longer.
- Contact school to report the absence.

If there are other children in our home who do not have symptoms, should they stay home also?

If a family member or someone in close contact with your other children in the home tests positive for COVID-19, the other children must:

- Immediately get tested for COVID-19.
- Quarantine for 14 days after the date that the COVID-19 positive member completes isolation.
- Contact school to report the absence.

What if my child becomes sick but tests negative for COVID-19?

- Contact your school to report the absence if during the school week.
- Provide the school nurse documentation of the negative COVID-19 test result, and confer with school nurse regarding return to school.
- Children should stay home at least 24 hours after the resolution of fever (without medication) and improvement of other symptoms.

What is “casual contact” and “direct contact”?

Casual contact, like passing someone in the grocery store, is low risk for spreading COVID-19.

Direct contact with someone with COVID-19 makes you at higher risk for getting or spreading COVID-19. Examples of direct contact are being within six feet of someone with COVID-19 for more than 15 minutes, sharing a drinking glass or eating utensil, physically touching the person or the things that many have their germs on them like dirty tissues, or being coughed or sneezed on.

What if my child only had casual contact with another child or staff member who tests positive for COVID-19?

No actions need to be taken for people who have not had direct contact with a confirmed case of COVID-19, or even have had close contact with persons who were in direct contact.

What if my child who had direct contact with someone with COVID-19 gets sick but isn't tested for COVID-19?

- Your child will need to quarantine for a full 14 days after the date of the last exposure to the COVID-19 positive, non-household contact.
- If the COVID-19 positive person is in your household, your child will need to quarantine for a full 14 days AFTER THE DATE that the COVID-19 positive member completes their isolation.
- Contact the school to report the absence.

What does isolation and quarantine mean?

These are terms that public health professionals use to describe why someone needs to stay home. They are public safety tools that have become around for centuries to stop the spread of germs.

Isolation means keeping sick people away from healthy ones. This usually means that the sick person rests in their own bedroom or area of their home and keeps away from others as best as possible.

Quarantine means separating people who were exposed to a sick person away from others. Because someone can spread COVID-19 before they have symptoms, quarantine stops them from unintentionally spreading the virus to other healthy people. Usually people who are in quarantine stay at home and avoid being around others.

How do I talk with my child about staying home from school and COVID-19?

Here are some tips for talking with children:

- Remain calm while talking.
- Let them know they are safe and it is okay to feel upset.
- Make yourself available to listen and talk to them.
- Avoid language that might blame or stigmatize others.
- Pay attention to what your child sees or hears on the media.
- Provide truthful and developmentally appropriate information.
- Talk about new actions that may be taken to help protect your child.
- Visit the Centers for Disease Control and Prevention, and the Illinois Department of Public Health for even more tips on talking with your child about COVID-19.