

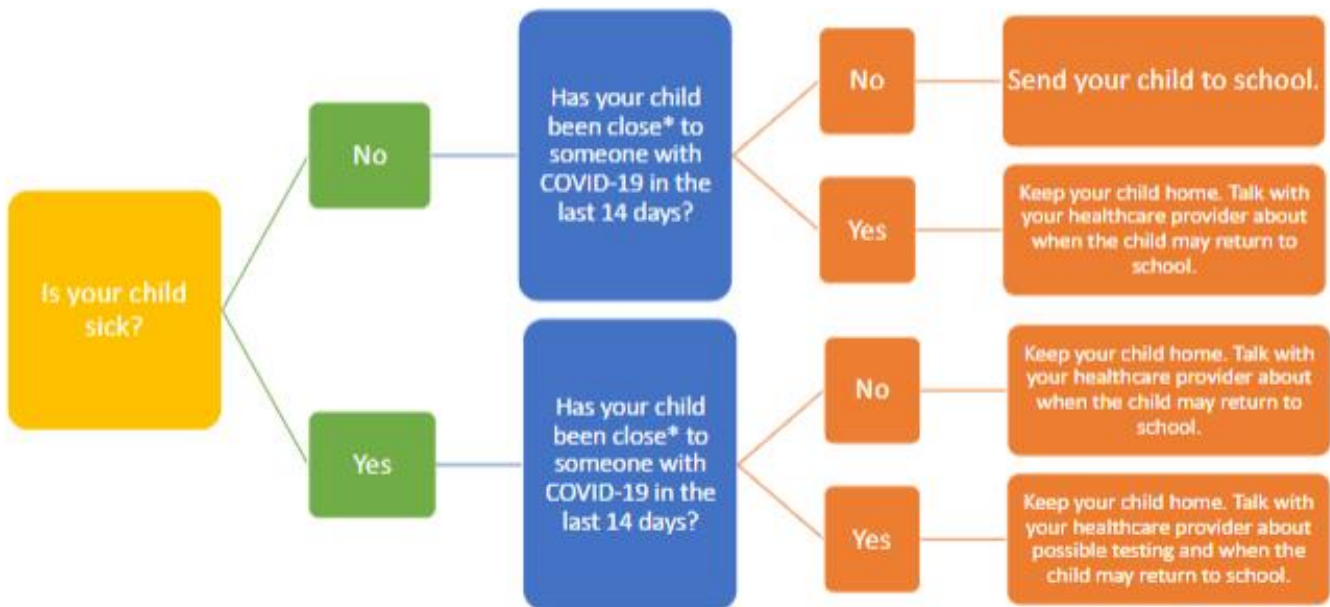
# What Should I Do if My Child is Sick?



All parents and guardians should complete a daily health screening with their student prior to leaving for school each morning:

## PRINCE WILLIAM COUNTY PUBLIC SCHOOLS DAILY HEALTH SCREENING FOR STUDENTS

When can I send my child to school?  
Answer these two questions every day before sending your child to school.



\* 'Close to someone with COVID-19' means being within 6 feet of someone with COVID-19 for a total of 15 minutes or more over a 24-hour period, or having direct contact with secretions.

^Moderate to high infection rate means that you have traveled to, or currently live in, an area which has an infection rate of 50 or more positive cases per 100,000 residents in the area. Prince William County presently meets the criteria for a moderate to high infection rate.

## COVID-19 Symptoms:

People with COVID-19 might not have any symptoms. If they do have symptoms, symptoms can range from mild to severe. Symptoms of COVID-19 include, but are not limited to:

- fever
- headache
- chills
- new loss of taste or smell
- cough
- sore throat
- shortness of breath or difficulty breathing
- stuffy or runny nose
- fatigue (feeling very tired)
- nausea or vomiting
- muscle or body aches
- diarrhea

## Return to School after absence / illness:

Students who are absent with symptoms consistent with COVID-19 should follow the same protocol as students who are sent home from school sick:

- Stay home until 10 days have passed since symptoms first appeared **OR**
- Undergo evaluation by a healthcare provider who may determine if the student has an alternate diagnosis **OR**
- Receive a negative test for COVID-19

**Whenever possible, please email a copy of your student's COVID test results or your student's medical clearance completed by physician to the school nurse.**

**PRINCE WILLIAM COUNTY SCHOOLS  
STUDENT RETURN TO SCHOOL PROTOCOLS**

<p>Student tested positive for COVID-19 and never develops symptoms.</p> <p>Stay home until 10 days have passed since he/she had a positive viral test for COVID-19.</p>	<p>Student tested positive for COVID-19 and has symptoms.</p> <p>Stay home until 10 days have passed since symptoms first appeared <b>AND</b></p> <p>24 hours with no fever without the use of fever-reducing medications <b>AND</b></p> <p>Other symptoms of COVID-19 are improving#.</p> <p><i>#Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.</i></p>	<p>Student has a close contact* exposure to someone with COVID-19 or with COVID-19 like symptoms with no known cause.</p> <p>Stay home for 14 days after his/her last exposure to that person (quarantine).</p> <p>If symptoms develop, need 10-day isolation and quarantine close contacts</p> <p>If unable to quarantine for 14 days, 10 days of quarantine is permitted as long as no symptoms develop.</p> <p>May take a COVID-19 test on or after day 5 from exposure and if that test result is negative, student may return after day 7 of exposure.</p>	<p>Student has unusual symptoms consistent with COVID-19 but no close contact* with a person with COVID-19 <b>AND</b> has no other alternate medical diagnosis.</p> <p>Stay home until 10 days have passed since symptoms first appeared.</p> <p>Student may return to school prior to the 10 days if they are seen by a healthcare provider and provided an alternate diagnosis or receive a negative COVID-19 test. Students should be fever free for 24 hours without fever reducing medications.</p> <p>If alternate diagnosis or negative COVID-19 test is given, close contacts may end quarantine.</p>
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\*Close Contact is someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period (e.g., three five-minute exposures for a total of 15 minutes), starting from two days before illness onset (or, for asymptomatic patients, two days prior to test specimen collection) until the time the patient is isolated. Please refer to the K12 Close Contact Exception above.

8/30/2021

## Where to get tested for COVID-19:

Testing for uninsured and underserved individuals can be accessed at:





- Testing is available by appointment at many local pharmacies, urgent care facilities, or through your health care provider. Please call ahead to schedule an appointment and for more information regarding cost.
- Rapid tests, PCR tests, or at-home tests are acceptable.

**Mega Lab Services**  
Address: 1950 Opitz Boulevard  
Woodbridge, Virginia 22191  
Phone: 571-408-4004 / 571-285-1857

**Mason and Partners (MAP) Clinic**  
Manassas Park MAP Clinic  
Address: 99 Tremont St, Manassas Park, VA  
Phone: 703-993-5880

## My child has been identified as a close contact of an individual being treated as having COVID-19 and is required to quarantine. What is a close contact? What do we do now?

### Close contact includes:

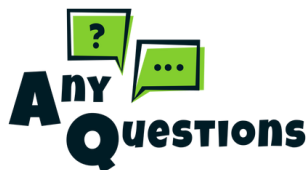
- Being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period. 
- Providing care at home to someone sick with COVID-19. 
- Having direct physical contact with someone with COVID-19 (touching, hugging, or kissing). 
- Sharing eating or drinking utensils with someone who has COVID-19. 
- Being sneezed or coughed on by someone who has COVID-19.

### Close contact does not include:

- Briefly walking by or being briefly in the same room as a person with COVID-19. This does not generally put you at a higher risk of being exposed.
- In K-12 settings, a student who was within 3 to 6 feet of an infected student is not considered a close contact as long as both students wore well-fitting masks the entire time.



- There are three options for quarantine based on guidance from the Virginia Department of Health:
  - Complete a 14-day quarantine. If choosing this option, your student may return on day 15.
  - Complete a 10-day quarantine if they remain symptom free throughout the 10 days. If choosing this option, your student may return on day 11.
  - Complete a 7-day quarantine if they receive a negative COVID test on or after day 5. If choosing this option, your student may return on day 8.
- Parents and siblings do not have to quarantine unless your student develops symptoms or tests positive during their quarantine.
- Your student may participate virtually by completing coursework assigned through Canvas.



### Contact the school nurse:

**Ashley Gardner, BSN, RN, CPN**

Email: [gardneaa@pwcs.edu](mailto:gardneaa@pwcs.edu)