



Spencer East Brookfield Regional School District

Student Services Department

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Dear Parents and Guardians,

This letter is an update to the new COVID-19 guidelines set forth by the Department of Public Health. Children who develop symptoms, consistent with the Covid-19 symptoms below, while in the school setting, **will not be tested at school** and will be sent home and allowed to return to school if symptoms remain mild and they test negative, or if a medical professional makes an alternative diagnosis.

All exposed/close contacts may continue to attend school as long as they remain asymptomatic (without symptoms). Those who can mask should do so until Day 10, and it is recommended that they test on Day 6 after exposure to the positive individual. If symptoms develop, follow the guidance for symptomatic individuals.

COVID-19 Symptoms

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known causes, such as chronic cough)
- Sore throat, *when in combination with other symptoms*
- Nausea, vomiting, *when in combination with other symptoms*
- Headache, *when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies).

Children who test positive must isolate for at least *5 days. If they are asymptomatic or symptoms are resolving and they have been fever-free without the use of fever-reducing medicine for 24 hours, they may return to school after Day 5 and should wear a high-quality mask through Day 10:

- If the individual has a negative test on Day 5 or later, they do not need to mask.
- If the individual is unable to mask, they may return to school with a negative test on Day 6 or later.

*Please speak to your school nurse about the correct day to return to school.

School Health Services