

COVID-19 FAQ FOR STUDENTS AND THEIR FAMILIES



INFORMATION FOR PARENTS AND GUARDIANS

COVID-19 is still spreading in Illinois, and while the virus is still new, we are following our state, local, and federal guidelines to give you the best information available at this point in time. We are stressing the importance to students and school employees to stay home if not feeling well.

WHAT ARE THE SYMPTOMS OF COVID-19?

- **Fever**
- **Cough**
- **Shortness of breath or difficulty breathing**
- **Chills**
- **Repeated shaking with chills**
- **Muscle pain**
- **Headache**
- **Sore throat**
- **New loss of taste or smell**
- **Vomiting or diarrhea**

For the most up-to-date list of symptoms, visit:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

WHAT STEPS CAN I TAKE TO PREVENT MY STUDENT FROM GETTING COVID-19?

You can talk with your student about taking everyday steps to prevent getting sick:

- **Teach them to wash their hands often and thoroughly for 20 seconds.**
- **Help them avoid close contact with people who are sick, even inside your own home.**
- **Remind them to stay six feet apart from other people.**
- **Cover mouth and nose with a cloth or disposable face cover when they are around others. Remind your student to avoid touching their face while wearing the mask. It is important to practice this before the start of school so that students feel comfortable wearing a mask throughout the school day.**
- **Teach students to safely clean and disinfect frequently touched surfaces daily.**
- **Help students monitor their health—look for symptoms and take their temperature daily.**

For more detailed information about protecting your student from COVID-19 visit:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

HOW LONG DOES IT TAKE FOR SYMPTOMS TO START?

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

WHY DOES MY STUDENT NEED TO STAY AT HOME?

Your student should stay home if they are experiencing COVID-19 symptoms, have been tested for COVID-19 (while waiting for results), or have been exposed to someone who tests positive for COVID-19.

Keeping ill students and students who have been exposed to COVID-19 away from others will help stop the spread of the virus. Please note that it is possible for people who do not have symptoms to spread the virus to others.

WHAT DOES ISOLATION AND QUARANTINE MEAN?

These are terms that public health scientists use to describe why someone needs to stay home.

Isolation means keeping sick people away from healthy ones. This usually means the sick person remains separated from other individuals in a home as best as possible. The time period for isolation is 10 days from the date of the first symptoms.

Quarantine means separating people who were exposed to a sick person from others. Because someone can spread COVID-19 before they have symptoms, quarantine stops them from accidentally spreading the virus to other healthy people. Usually, people who are in quarantine stay at home and avoid being around others. The time period for quarantine is 14 days from exposure.

HOW DO I KNOW IF MY STUDENT WAS AROUND SOMEONE WHO WAS SICK?

Your local health department has a system to tell whether someone should stay at home. Local public health staff will call you if your student falls into that group. The Avery Coonley School community will be notified of any confirmed case (tested or medical evaluation) of COVID-19 by the nurse by email. Confidentiality will be maintained.

HOW LONG DOES MY STUDENT NEED TO STAY HOME IF THEY TESTED POSITIVE OR A DOCTOR SAID THEY LIKELY HAVE COVID-19?

If your student has symptoms they should stay at home and away from others as much as possible until all three of the following have happened:

- At least 10 days have passed since their symptoms started.**
- They haven't had a fever (100F or greater) in at least 72 hours without using any medication to lower fever.**
- Their cough or breathing problem and other symptoms have resolved.**

WHAT IF MY STUDENT TESTED POSITIVE FOR COVID-19, BUT DOESN'T SHOW SYMPTOMS?

They should stay home 10 days after the day they were tested and keep away from other people as much as possible. This is because even if they do not have symptoms, they can still spread the virus.

WHAT IF MY STUDENT BECOMES SICK WITH COVID-19 SYMPTOMS BUT ISN'T TESTED FOR COVID-19?

They should stay home, in isolation separated from other family members when possible, until they are feeling better and all the following have happened:

- At least 10 days have passed since their symptoms started.**
- They haven't had a fever (100F or greater) in at least 72 hours without using any medication to lower fever, and**
- Their cough or breathing problem and other symptoms have improved.**
- Siblings must stay home and quarantine for 14 days during this time period also.**

WHAT IF MY STUDENT BECOMES SICK WITH COVID-19 SYMPTOMS, BUT TESTS NEGATIVE FOR COVID-19?

They should stay home until they are feeling better and they have not had a fever for 24 hours without using any medication to reduce fever.

If they visit a doctor, and they tell you your student has something other than COVID-19 (like the flu or hand, foot, and mouth), obtain a note for school, and follow the doctor's guidelines for exclusion requirements for that disease. Review the DuPage County Communicable Disease Chart.

WHAT IS “CLOSE CONTACT”?

Casual contact like passing someone in the grocery store is a low risk for spreading COVID-19. Close contact with someone with COVID-19 makes you at a higher risk of getting sick or spreading COVID-19. Examples of close contact are being within six feet of someone with COVID-19 for more than 15 minutes with or without a mask, sharing a drinking glass or eating utensil, physically touching the person or things that may have their germs on them like dirty tissues, or being coughed or sneezed on.

(<https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>)

WHAT IF MY STUDENT CAME IN “CLOSE CONTACT” WITH SOMEONE WHO HAS CONFIRMED COVID-19?

They should stay home for 14 days since the last time they were around that person to see if they develop symptoms. If they do develop symptoms, then:

- Call their doctor.
- Ask to get tested.
- Follow the physician’s instructions for staying home while you wait for the test results.

WHAT IF WE LIVE WITH SOMEONE WHO HAS CONFIRMED COVID-19?

People who live together usually have close contact with each other. Everyone you live with should stay home until all of the following have occurred:

- The sick person gets better:
 - At least 10 days have passed since their symptoms started.
 - They haven't had a fever (100°F or greater) in at least 72 hours without using any medication to lower fever.
 - Their cough or breathing problems and other symptoms improve.
- 14 days have passed since the sick person was better to determine if other people in your home become symptomatic.

WHAT IF MY STUDENT HAD "CLOSE CONTACT" WITH SOMEONE WITH COVID-19 AND GETS SICK BUT ISN'T TESTED FOR COVID-19?

Your student should stay home and away from others as much as possible until they feel better and all the following have happened:

- At least 10 days have passed since their symptoms started.
- They haven't had a fever (100F or greater) in at least 72 hours without using any medication to lower fever
- Their cough or breathing problems and other symptoms improve.
- 14 days have passed since they were last around the person with COVID-19.

WE HAVE RECENTLY TRAVELED FROM ANOTHER COUNTRY OR FROM A HOTSPOT IN THE U.S. IS MY CHILD ALLOWED TO START SCHOOL?

In accordance with the DuPage County guidelines, we ask that you stay home from work or school for 14 days and avoid contact with others. Please monitor your health during this time and be observant for the presence of a fever, cough, or difficulty breathing.

HOW DO I TALK WITH MY STUDENT 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 to talk.**
- Avoid language that might blame or stigmatize others.**
- Pay attention to what children see or hear in the media.**
- Provide truthful and developmentally appropriate information.**
- Talk about new actions that may be taken at school to help protect your students and staff.**

Visit the Centers for Disease Control and Prevention for more tips on taking with your children about COVID-19 at: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>.

WHAT LEARNING OPPORTUNITIES ARE THERE FOR MY STUDENT WHILE THEY ARE STAYING HOME?

The school has a plan in place to offer virtual attendance for students who need to be absent from school due to illness or potential exposure. Please see the section on virtual attendance for more information.

WHAT IF I AM A HEALTH CARE PROVIDER AND WORK WITH COVID-POSITIVE PATIENTS— WHAT SHOULD MY STUDENT DO?

Your student may continue to attend school unless they or you develop symptoms. If they develop symptoms, keep them home and call their doctor.

UNDER WHAT CIRCUMSTANCES WILL A COHORT BE REQUIRED TO GO TO DISTANCE-LEARNING?

Based on current State and County guidelines this will occur:

- If a student in a cohort tests positive for COVID-19.**
- If advised by the DuPage County Health Department.**