



2021-22 PSD How Sick Is Too Sick?



Note: This guidance is NOT intended for cases or close contacts of COVID-19. A confirmed COVID-19 case or close contact should follow public health isolation or quarantine instructions for return to school/work.

For all symptoms listed below, student/staff must have a negative COVID test to return.

Symptoms which must be fully resolved:

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| <ul style="list-style-type: none">Feeling feverish, having chills, temperature of 100.4° F or greater | <ul style="list-style-type: none">Cough*Nausea, VomitingDiarrhea | <ul style="list-style-type: none">Shortness of breath or difficulty breathing |
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- To return student must have **no fever, cough*, vomiting, or diarrhea in prior 24 hours without use of medication.**
 - Follow home isolation for 5 days following symptom onset AND 24 hours diarrhea, vomiting or fever free without use of medications before returning to school on or after day 6. **Masking on days 6-10 required. OR**
 - Take a test for COVID-19. This could be an at home test or a test at a testing site. At home tests require a photo of the test results with name, date of test and time test was taken. Photo must be taken at time of reading the results.
 - If the test is negative, return to school once symptoms have resolved or are improving.
 - If positive, follow home isolation for 5 days following symptoms onset AND 24 hours cough, vomiting, diarrhea, and fever free without use of medications before returning to school on or after day 6. **Masking on days 6-10 required.**
 - Submit properly labeled at-home test photo or lab test results to school health office via email.
- Those with a medical mask exemption who do not test or have a positive result must remain out of school the full 10 days, returning on day 11.**

*Students and staff may return if the cough is improved following discussion with health office. Cough must not interfere with learning or effective mask wearing.



Symptoms which must be improved to return:

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| <ul style="list-style-type: none">Sore throatRunny nose or congestion | <ul style="list-style-type: none">HeadacheFatigue | <ul style="list-style-type: none">Muscle or body achesLoss of taste or smell |
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- Must have no fever, vomiting, or diarrhea in last 24 hours without taking medication.**
 - Follow home isolation for 5 days following symptom onset AND 24 hours diarrhea, vomiting or fever free without use of medications before returning to school on or after day 6. **Masking on days 6-10 required. OR**
 - Take a test for COVID-19. This could be an at home test or a test at a testing site. At home tests require a photo of the test results with name, date of test and time test was taken. Photo must be taken at time of reading the results.
 - If the test is negative, return to school once symptoms have resolved or are improving.
 - If positive, follow home isolation for 5 days following symptoms onset AND 24 hours vomiting, diarrhea, and fever free without use of medications before returning to school on or after day 6. **Masking on days 6-10 required.**
 - Submit properly labeled at-home test photo or lab test results to school health office via email.
- Symptoms must be improved and not interfere with learning or effective mask wearing. **Those with a medical mask exemption who do not test or have a positive result must remain out of school the full 10 days, returning on day 11.**

**Loss of taste or smell can persist for weeks or months. This condition does not need to be resolved or improved before an individual returns to school or care once they have a negative test.

The school nurse or PSD health staff will determine when a student is able to return to school. School administrators, department leaders, or supervisors will communicate with staff about their return to work. Sources: Larimer County Department of Health and Environment (LCDHE), Colorado Department of Public Health and Environment (CDPHE), Colorado Department of Education (CDE), Centers for Disease Control and Prevention (CDC). Updated March 25, 2022.