

COVID-19 Guidance for Families

My Child Feels Sick...Now What?

1. Notify the school that your child isn't feeling well and keep your child at home.

2. Monitor for COVID-19 symptoms. 

- Fever (temp of 100.4 or higher)
- Loss of Taste and/or Smell
- Muscle Aches
- Fatigue Shortness of Breath
- Cough - Sneezing - Sore Throat
- Congestion/Runny Nose Headache
- Nausea and/or Vomiting

Note: Your child must be symptom-free for at least 24 hours without the use of fever-reducing medication, like Tylenol to return to school.



My Child Was Exposed to COVID-19...Now What?

1. Test your child 3-5 days after exposure. 

Visit philasd.org/coronavirus for free school-based COVID testing locations or download a testing consent form in case your child is exposed at school and/or needs to be tested at school. *If you do not want to test your child, they must remain at home for 10 full days.*

2. Masking - Your child will need to mask for a full 10 days while in school.

3. Monitor for Symptoms - Monitor your child for COVID-19 symptoms. If they develop symptoms, get them tested, isolate them at home, and notify the school immediately.



Is your child experiencing COVID-like symptoms?

YES

- **Test your child immediately.**
- **If negative**, your child may go back to school if they're feeling better (must be symptom-free or symptoms are improving).
- **If positive**, your child must stay home for at least 5 days and return when feeling better and symptom-free. Notify the school of a positive test result. Your child will have to wear a high-quality mask for an additional 5 days.

NO

- Keep your child home until they feel better.
- Consult your healthcare provider for any other illnesses.

If the test is negative, your child may go back to school if they're feeling better (must be symptom-free or symptoms are improving).

If the test is positive, your child must stay home for at least 5 days and return when feeling better and symptom-free. Notify the school of a positive test result. Your child will have to wear a high-quality mask for an additional 5 days.

