

# When should you keep your LNS student at home?



## If a student has one or more of these symptoms:

- fever ( $\geq 100.4$  F) or chills
- shortness of breath or difficulty breathing
- congestion or runny nose
- muscle or body aches
- cough (new, changed, or worsening)
- nausea, vomiting, or diarrhea
- fatigue
- sore throat
- new loss of taste or smell

They should isolate until they can test for COVID-19

## What type of COVID test should they take?

They HAVE HAD COVID in the last 90 days

Rapid antigen test

They HAVE NOT HAD COVID in the last 90 days

PCR test



POSITIVE result

Isolate at home

### DAY 0

- The day of their positive test **OR** the day symptoms began, whichever was first.

### DAYS 1-4

- Isolate at home.

### DAY 5

- They may take a rapid antigen test at home.
- **IF** the test result is negative, **AND** they are feeling better (no fever for 24 hours), they may return to normal activities on day 6.
- If the result is positive, they should continue to isolate at home through day 10.

### DAYS 6-10

- Continue to wear a mask around others.

NEGATIVE result

Your child can return to school

As long as they are feeling well enough, and don't have a fever, vomiting, or diarrhea. They do not need to stay home if they had a negative test and are feeling well.

If symptoms continue, they should wear a mask, retest every 24 hours for at least 5 days since symptoms started, and contact their primary care provider for guidance.

If you have any questions about these policies or where to get tested, please contact Lummi Public Health at 360-383-8251.

