

Amy Black, BFA Fairfax Middle and High School  
Michelle Sheehan, BFA Elementary School  
Courtney LaCasse, Fletcher Elementary School

Terry Shaw, Georgia Elementary School  
Melissa Waterhouse, Georgia Middle School

# THE NEWEST COVID-19 GUIDANCE

From the VT Agency of Education and VT Department of Health

- COVID guidance for schools is the SAME as it is for the general public.
- Masks are optional.
- Your student should be tested for COVID-19 if they:
  - have [symptoms of COVID-19](#) (regardless of vaccination status)
  - are a close contact to someone who has tested positive and are not fully vaccinated
  - are at a [higher risk for COVID-19](#)
- If your student tested positive for COVID-19, they should isolate for 5 days.
  - They may return to school on day 6, if they have been fever free for 24 hours and their symptoms have improved, without the use of medication.
- Notification if your child is a presumptive contact at school is no longer recommended.
- Your student should STAY HOME IF THEY ARE SICK.
  - They should stay home if they have COVID-19 symptoms, flu-like symptoms or are just not feeling well.  
(see next page for more specific school guidelines around illness)

## VDH resources

- ❖ [General COVID-19 guidance](#)
- ❖ [What to do if you are close contact to someone with COVID-19](#)
- ❖ [What to do if you test positive](#)

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## WHAT DOES IT MEAN TO BE SICK?

**Thinking about keeping your sick child home?** The American Academy of Pediatrics suggests considering the follow questions:

- Does the child's illness keep him/her from comfortably taking part in school activities?
- Does the sick child need more care, attention or extra rest?
- Could other children get sick from being near your child?

If the answer to any of these questions is yes, then the child should not go to school.

### Children should stay home from school when they experience:

- Vomiting or diarrhea within a 24-hour period or being unable to tolerate normal food and/or drink.
- A temperature of 100.3 or higher (without fever-reducing medication)
- Severe coughing or difficulty breathing
- Persistent abdominal pain (more than 2 hours)
- A skin rash or red eye from undetermined cause
- Other contagious conditions, such as strep throat, chicken pox, impetigo, etc

### When can children RETURN to school after being sick?

- Fever: fever free for 24 hours without the use of medication
- Vomiting or diarrhea: When symptoms are gone for 24 hours
- Strep throat or scarlet fever: 24 hours after start of treatment
- Impetigo: When skin is clear or when the child has been under treatment for 24 hours
- Coughing: When a student is able to sleep through the night without the cough keeping them awake AND they are able to engage in activities without cough interruptions.
- Congestion: When a student is able to sleep through the night without the congestion keeping them awake AND when they don't have to constantly blow their nose.