

During this COVID-19 pandemic it is more important than ever to know when to keep your child home to protect the health of our school community. Please follow the directions below which follow the guidelines from the HHSA (Health and Human Services Agency of San Diego County).






**If any of the following symptoms:**

- Fever with or without chills/rigors (defined as >100 that does not resolve in 30 minutes with/without medication)
- Cough
- Nasal congestion/runny nose
- Sore throat (please note even with a diagnosis of strep throat, you must follow directions below)
- Nausea, vomiting, or diarrhea
- Fatigue
- New loss of taste/smell
- Headache
- Muscle or body aches
- Poor appetite



**Please keep your child home *and* contact your school health office for further direction on when your child can return to school (based on HHSA guidelines\*) if:**

- Your child has a positive PCR COVID-19 viral test.
- Your child is presumed to have COVID-19.
- Someone in your household or a close contact has a positive COVID-19 viral test or is diagnosed with presumed COVID-19.

Course of Action	
1. Keep at home	
2. Contact a doctor	
3. Return to school	

**School Health Office Contact Information**

Ashley Falls	(858) 259-7812 x3094	Sage Canyon	(858) 481-7844 x3194
Carmel Del Mar	(858) 481-6789 x3594	Sycamore Ridge	(858) 755-1060 x3894
Del Mar Hills	(858) 755-9763 x3494	Torrey Hills	(858) 481-4266 x3794
Ocean Air	(858) 481-4040 x3994		



**Your child may return to school:**

- With a negative PCR COVID-19 viral test (not antibody test) **and** 24 hours after symptoms have greatly improved and student is fever-free for 24 hours without medication. You will need to provide documentation of the negative test results.
- After 10 days have passed from the first day of symptoms **and** symptoms are significantly improved **and** student is fever-free for 24 hours without medication.

**\*Students will not be allowed to return to school earlier than current Health and Human Services Agency guidelines.**