



Prince George's County Public Schools  
Department of Student Services  
Office of School Health

## WHEN TO STAY HOME FROM SCHOOL/WORK

If you are sick in the morning, please **DO NOT** report to school/work and risk your health or the health of others. Resting at home will prevent you from exposing other children or staff to illness.

Students/Staff should **stay home** and consult with their Health Care Provider if they have:

1. A temperature greater than 100.4°F taken with a thermometer
2. Nausea (upset stomach) or vomiting
3. Diarrhea (frequent, loose, watery stools). Symptoms may include cramps, bloating, nausea and an urgent need to have a bowel movement
4. Stomach pain that is constant. If vomiting starts after the pain begins (call your healthcare provider immediately)
5. A severe headache that is interfering with usual activities
6. A sore throat that causes difficulty swallowing
7. Yellow discharge or crusting on eyelashes in the morning that returns after being cleaned, eye redness, tearing, eye itching, (call your health care provider for an appointment immediately)
8. A skin rash that causes itching and/or is located on most of the body
9. A constant cough and/or difficulty breathing
10. A complaint of feeling ill, a lack of energy, fatigue and/or a decrease in ability to perform activities
11. **COVID-19 symptoms:** Fever 100.4 or greater, cough, shortness of breath, fatigue, headache, sore throat, nausea or vomiting, diarrhea, or a new loss of taste and/or smell, muscle or body aches, diarrhea. **It is highly recommended that students/staff get tested for COVID-19**
12. **Monkeypox symptoms:** Cough, nasal congestion, sore throat, fever 100.4, chills, muscle or body aches, swollen lymph nodes, exhaustion, body rash. **It is highly recommended that students/staff go for Monkeypox testing. (Individuals will not be able to return to school/building without medical clearance).**

### What to do if students/staff have these signs of illness:

If students/staff have symptoms for more than 24 hours or if the symptoms become worse, call your healthcare provider for an appointment. Follow your healthcare provider's advice on administering prescription or over the counter medications. **Please notify the school nurse or the Office of School Health at (301) 749-4722 if the student/staff has tested positive for COVID-19, Monkeypox or any other communicable disease.**

### What will happen if a student/staff gets sick at school?

If a student/staff gets sick at school, the student/staff will be seen by the school nurse. The school nurse will assess and provide guidance to parents/staff. If the school nurse's assessment confirms that the student/staff is sick, they will be sent home.

**For students:** it is important that parents/guardians provide the school with current information including address and phone numbers. If you are not available to pick up your child, it is important that the school has emergency contact phone numbers of persons that can pick up your child in your absence. Be sure to give this information to the registrar at your child's school. **Please Note:** If your child has COVID-19 or Monkeypox symptoms he/she may be placed in isolation and you will be contacted to pick your child up as soon as possible and referred to your child's health care provider for immediate follow up.

**For staff:** it is important that the school principal have emergency contact phone numbers of persons that can pick you up in case of an emergency.

### **When may the student/staff return to school?**

The student/staff may return to school when *all symptoms have been resolved for at least 24 hours*. Your child must be *fever-free for 24 hours without the use of medication* before returning to school. If an antibiotic has been prescribed, your child must have completed a *full 24 hours of antibiotic treatment* prior to returning to school. Please contact your school nurse if you have any questions about this information. You may also visit [www.pgcps.org/offices/school-health/when-to-keep-your-child-home-from-school](http://www.pgcps.org/offices/school-health/when-to-keep-your-child-home-from-school) for more details.

**Note:** If the student/staff has a **COVID-19 positive test** he or she **must stay home (isolate)** until the following:

- *At least 5 entire days* have passed since symptoms first appeared **AND**
- At least 24 hours have passed with no fever without the use of fever reducing medications **AND**
- All other symptoms (e.g., cough, shortness of breath) have resolved **AND**
- **Should wear a mask and not participate in high risk activities (i.e. singing, sports etc) for days 6-10**
  - **IF the student/staff cannot comply with this guideline for days 6-10, the individual should isolate for the entire 10 days**

**Note:** If the student/staff was sent home with **communicable infectious disease symptoms:**

- They must be cleared by a provider with documentation to return to school/work
- All symptoms must have resolved without the aid of medication for at least 24 hours prior to return to school/work

### **Health Department COVID-19 Testing:**

The Prince George's County Health Department offers **FREE COVID-19 tests for individuals with or without symptoms** that have been exposed to or are suspected of being exposed to a COVID-19-positive person. Persons do not need an appointment or a doctor's prescription to get tested. Call the **Coronavirus Hotline at 301-883-6627** between the hours of **8:00 AM to 8:00 PM** if you have questions about the County's testing program.