

COVID-19 and School: A Guide for Parents and Staff

How to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- You can become infected by coming into close contact (about 6 feet) with a person who has COVID-19.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes. However, this is not thought to be the main way the virus spreads.

Protect yourself and others from COVID-19

- In school and other public places, wear a cloth mask that covers your nose and mouth (as shown in picture).
- Clean and disinfect frequently-touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Quick COVID-19 Self Check	YES	NO
Has a test shown that I have COVID-19?		
Am I waiting for my COVID-19 test result? (For example, if I got tested because I felt sick, or because I got a test at work.)		
Do I have COVID-19 symptoms listed on page 2?		
Have I been in close contact with someone who has COVID-19 or someone who is a probable case? (A probable case is explained on page 3.)		
Have I been told by a doctor or contact tracer that I should stay home from work or school?		
 If the answer to any question is YES, do not go to school. 		

What to do if you or your child is sick

The symptoms of COVID-19 can include the following:



Headache, sore throat, and runny nose can also be symptoms. Learn more at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).

If you or your child is sick with symptoms of COVID-19:

- Do not go to work or school. Stay home unless you are going out to get medical care.
- If you have an emergency, call 911. Emergency signs include trouble breathing, chest pain, new confusion, inability to stay awake, and bluish lips or face.
- Call your doctor. Your doctor will decide if you need a COVID-19 test.
- If you do not have a doctor, you can visit www.lghealthurgentcare.org and call one of Penn Medicine LG Health's seven Urgent Care locations or schedule an online video visit at LGHealth.org/OnDemand.

When to return to work or school

First, see your doctor and follow your doctor's advice. If you get a test for COVID-19, do not go to work or school while you wait for your result.

- **If your doctor does not give you a test for COVID-19**, you can return to school when your symptoms are gone, or when your doctor gives you a note to return to school.
- **If your doctor gives you a test for COVID-19 and you do not have COVID-19**, you can return to school when your symptoms are gone, or when your doctor gives you a note to return to school.
- **If your doctor gives you a test for COVID-19 and you have COVID-19**, follow the tips on page 3.

What to do if you or your child has COVID-19

Tell your school and people close to you

- Contact your child’s school to let them know your child has COVID-19.
- If you work at a school, please contact your manager or HR department to let them know you have COVID-19.
- Let your close contacts know you have the virus. Close contacts are people you live with and people who have been within 6 feet of you for 15 minutes or more, since 48 hours before you first felt sick.

What is a probable case?
If you develop COVID-19 symptoms after you have been in close contact with someone with COVID-19, you should follow the instructions in this section. Until you are tested for COVID-19, it is safest to assume that you might have it. We call this a “probable case”.

Take care of yourself




- Get rest and stay hydrated.
- Take over-the-counter medicines, such as acetaminophen (Tylenol) to help you feel better.
- If your symptoms get worse or you are short of breath, call your doctor.
- If you do not have a doctor, you can visit www.lghealthurgentcare.org and call one of Penn Medicine LG Health’s seven Urgent Care locations or schedule an online video visit at LGHealth.org/OnDemand.
- Call 911 if you have severe trouble breathing or any other emergency warning signs.

Stay home and away from others (“in isolation”)

- Do not go to work or school. Do not leave your home except to get medical care.
- As much as possible, you should stay in one room away from other people and pets if you are sick. If that is not possible, stay at least 6 feet away from others.
- Wear a face mask if you are around other people at home or have to go to the doctor.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer.

When to return to work or school

- **If you have COVID-19 and you had symptoms**, you can return to school when all 3 of these things happen:

	At least 10 days have passed since you first had symptoms
	You have had no fever for at least 24 hours without taking fever-reducing medicine
	Your other symptoms have improved

- **If you have COVID-19 and you did not have symptoms**, you can return to school 10 days after your test showed you have COVID-19.

What to do if you or your child had contact with someone who has COVID-19 or a probable case

What is a close contact?

Even if you were wearing a mask, you are a close contact of someone who has COVID-19 if:

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You were in the same household as someone with COVID-19
- Someone with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you

You may find out that you were a close contact because a friend, family member, or co-worker tells you.

You may also get a phone call from a contact tracer at the Department of Health, Penn Medicine Lancaster General Health, WellSpan, or Lancaster Health Center. If you get a call, it is important to follow the contact tracer's instructions.

Close contacts should stay home ("in quarantine")

- If you are a close contact, do not go to work or school.
- Stay home and away from others for 14 days after your last contact with a person who has COVID-19.
- If the person with COVID-19 lives in your household, stay home for 14 days after that person comes out of isolation.
- If possible, stay away from others in your home, especially people who are at higher risk for getting very sick from COVID-19.
- Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- If you have symptoms, follow the instructions on page 2 and contact a doctor. Your doctor will decide if you need a COVID-19 test.

When to return to work or school

- **If you had no symptoms during quarantine**, you can return to school after you finish your 14-day quarantine.
- **If you develop symptoms and a test shows you have COVID-19**, follow the instructions on page 3.
- **If you develop symptoms but a test shows that you do not have COVID-19**, you can return to school when your quarantine is over and your symptoms are gone.

For more information, visit our website at www.lancastergeneralhealth.org/covid-19-information.

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