



COVID-19 SYMPTOMS

Updated on Septmeber 16, 2020

Follow this table to help guide your decision making.
When in doubt, see your health care provider.

Headache

(If these questions/interventions don't alleviate symptoms, alert the school through CrisisGo and **see your health care provider.**)

- *Has your child had too much screen time?*
- *Do they need a break?*
- *Have they had enough to drink? (Dehydration can lead to a headache and with masks on we're all finding it hard to stay hydrated.)*
- *Have they had enough rest?*

Abdominal pain/discomfort

(If these questions/interventions don't alleviate symptoms, alert the school through CrisisGo and **see your health care provider.**)

- *Has your child eaten? Have they eaten too much or too little?*
- *When did they last have a bowel movement?*
- *Many children complain of a stomach ache when they are experiencing anxiety. Can you identify and help alleviate the anxiety and the stomach ache goes away?*
- ***If abdominal pain is accompanied by vomiting or diarrhea, they must be evaluated by a health care professional.***

Fatigue

(If these questions/interventions don't alleviate symptoms, alert the school through CrisisGo and **see your health care provider.**)

- *Everyone is feeling tired these days, but this is more than should be expected. In children, it may be their only COVID symptom so it's important to investigate.*
- ***Be sure your child is getting enough rest. If they are and they still feel rundown even without other symptoms, they need to be evaluated by a health care provider.***

Body Aches

(If these questions/interventions don't alleviate symptoms, alert the school through CrisisGo and **see your health care provider.**)

- *Can the body aches be attributed to sports/play and generally localized to a specific area?*
- ***If the aches are throughout the body as you would see with a viral illness, see your health care provider.***

Sore Throat
Cough
Runny Nose/Congestion
Shortness of Breath
Chills
Loss of Taste or Smell
Fever of 100.0+
Difficulty Breathing
Nausea
Vomiting/Diarrhea

SEE YOUR HEALTH CARE PROVIDER

The symptoms listed here are an automatic trip to your health care provider and must be reported in CrisisGo.

If your decision is to not seek out medical care, **your child/family must quarantine for 10 days from the onset of symptoms and 14 days for those not showing symptoms.**

After quarantine, child may return to school if symptom free for at least 24hrs with approval from the school nurse and a written note from the parent/legal guardian documenting that the child is symptom free.