



When to Stay Home or Return to school Related to COVID-19

Gilbert-GCSD Health Services

STAY HOME WHEN:

You have any High risk symptoms

- New Cough
- Shortness of Breath
- Difficulty breathing
- New loss of taste or smells

You have Two or more low risk symptoms or your symptoms are not within your "norm"

- Headache
- Muscle /body aches
- Sore throat
- fatigue/tiredness
- nausea/ vomiting
- Diarrhea
- Sinus pain/congestion
- Fever or chills - do not come to school if you have a temp ≥ 100 regardless if you don't have other symptoms!

You have been in "close contact" with someone positive with COVID-19

Close contact is defined as being within 6 feet for more than 15 minutes of someone positive for COVID-19

1. Call the school secretary and report your symptoms and/or exposure to COVID 19 positive case
(Staff should notify their supervisor as well as the secretary to arrange for a sub.
2. Call your Healthcare provider or public health 239-6730 for guidance if you should be tested for COVID-19, and follow their guidance.
3. Track your symptoms take your temperature twice a day if you have been exposed to a positive case.