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Return to In-person Learning After a Positive Symptom Screen for the Following Symptoms:

- Loss of taste or smell***
- Fever (≥ 100.4)/chills/feeling feverish**
- Shortness of breath or difficulty breathing**
- New or unexplained persistent Cough**
- Runny nose/congestion
- Headache
- Muscle/Body aches
- Sore throat
- Fatigue
- Nausea/Vomiting
- Diarrhea

In accordance with the Larimer County Department of Health and Environment guidance during the ongoing COVID-19 pandemic, students and staff with **any** of the symptoms listed above must be kept home until at least one of the following criteria has been met:

1. Symptoms completely resolved and stayed resolved (MUST be home for 2 days to determine this) **and** on the day of planned return, the individual has been 24-hours fever free without the use of fever-reducing medications **and** is able to pass the at-home symptom screening tool (page 2) **and** symptoms did not include a loss of taste or smell.
2. Symptoms lasted longer than **48 hours** and **either**
 - a. The individual has remained home for **10 days** following symptom onset **and** has been 24-hours fever free without the use of fever-reducing medications **and** has had improvement of other symptoms (***always required for loss of taste/smell even with a negative test**).
 - b. **OR** The individual has provided written proof of a negative COVID-19 test and is able to wear a mask safely.

COVID-19 and Testing Information

Respiratory illnesses are spread mainly when tiny droplets put into the air by a contagious person coughing, sneezing, or talking land in the mouths, noses, or eyes of people nearby. A person may also acquire germs by touching something with germs on it and then touching their mouth, nose, or eyes.

Ways to reduce the risk of becoming ill and/or spreading illness to others include:

- **Keeping your children home from school if they have any symptoms,**
- Covering your nose and mouth when you cough or sneeze,
- Teaching everyone to cough into their arm/elbow, not their hands,
- Washing your hands with soap and warm water frequently,
- Avoiding touching your eyes, nose, and mouth,
- Cleaning and disinfecting surfaces and objects that may have germs on them,
- Keep up-to-date on vaccinations, including Tdap and influenza,
- **Wear a face covering over your nose and mouth in public places, and**
- **Maintain social distancing of 6 feet or more from others.**

If you or your child experience any of the following warning signs, seek emergency medical care.

Children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids/dry cracked lips

- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Illness symptoms improve but then return with fever, abdominal pain, pink or red eyes, enlarged lymph nodes on one side of the neck, red tongue, rash, swollen hands or feet or a worsening cough

Adults:

- Difficulty breathing or shortness of breath
- Bluish or gray skin color
- Pain or pressure in the chest or abdomen
- New confusion or inability to wake or stay awake
- Severe or persistent vomiting
- Illness symptoms improve but then return with fever and worsening cough

The Larimer County Department of Health and Environment (LCDHE) is encouraging **anyone** with symptoms above to seek medical evaluation and **testing** for COVID-19 and other respiratory illnesses.

If you would like testing and have a health care provider, call their office first. Most insurance plans cover the cost of COVID-19 testing. Other testing sites for children in Larimer County include [Salud Family Health Centers](#) (free testing), others: [UCHealth](#), and [Banner Health](#).

If you have further questions, please contact the Larimer County Department of Health and Environment at LarimerHealthFollowup@co.larimer.co.us or call 970-498-5500 Monday through Friday from 9am to 4:30pm. You can also text your questions anytime to 970-999-1770. Thank you for doing your part to keep our community safe.

At-Home COVID-19 Symptom Screening Tool for Parents and Staff

Parents and guardians can use these symptom checklists to determine when to keep their child at home. School staff can also use this tool to determine if they need to stay at home. Any student or staff diagnosed with COVID-19 or who is a close contact of a COVID-19 case should not go to school and should isolate or quarantine according to public health recommendations regardless of current symptoms.

This symptom screen refers only to new symptoms or a change in usual symptoms. A student/staff should not be kept home for usual symptoms they experience due to a chronic condition unless they are worse than usual. These guidelines are in addition to your regular school guidance (for example, a child with vomiting should also not attend school based on usual school guidance). Please refer to the Thompson School District guidance to determine when it is appropriate to return to school.

If your child is/you are experiencing any potentially life-threatening symptoms, please call 911. Symptom Screen: If any of the following symptoms are present, keep the child at home/stay at home, inform the school of symptoms, and reach out to a health care provider about COVID-19 testing and next steps for treatment.

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| <input type="checkbox"/> Loss of taste or smell | <input type="checkbox"/> Feeling feverish, chills, or temperature 100.4°F or higher |
| <input type="checkbox"/> New or unexplained persistent cough | <input type="checkbox"/> Shortness of breath/difficulty breathing |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Muscle aches |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Nausea or vomiting | <input type="checkbox"/> Diarrhea |
| <input type="checkbox"/> Runny nose or congestion | |

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