

# KEEP YKSD SYMPTOM FREE



## At Home COVID-19 Health Screening for Parents and Guardians

Ask these questions at home before sending students to school. Anyone who answers “yes” to questions #1 or #2 must not enter the school or participate in a school sport or activity. Students do not need to stay home if they’ve answered “yes” to question #3. See guidance below.

**1** Within the last 5 days, have you been diagnosed with COVID-19 or had a positive test for the virus?

**2** Have you had any of these symptoms in the last 24 hours?

- Fever (defined as a temperature 100.4F or higher)
- Chills
- New trouble breathing or shortness of breath
- New cough
- Diarrhea
- Abdominal pain
- Vomiting
- Fatigue
- Joint pain
- Muscle aches or body aches
- New rash
- Loss of taste or smell
- Sore throat
- Headache
- New congestion
- New runny nose

**3** Do you live in the same household or have you had close contact in the last 5 days with someone who has tested positive for COVID-19?

Close contact counts if you have been within 6 feet for more than 15 minutes (cumulative over 24 hrs), or if someone from public health contacted you to let you know you are a contact.

*Note: If a child or staff member lives with someone else who was named as a contact, it is okay for the child or staff member to go to school. We do not quarantine contacts of contacts.*

**4** Are you vaccinated?

**Yes**  
STAY HOME or go home immediately if the answer is YES to one or more questions above.

Parents / guardians should follow the Return to School Options pathway (see reverse) to determine when to send students back to school. **DO NOT** send student to school with any of the above symptoms.

**No**  
5-day quarantine is recommended but not required. CDC recommends a molecular-based test on day 5 of initial exposure. This is not required by YKSD. CDC recommends masking in public and monitoring symptoms for 10 days from last day of exposure.

**Yes**  
CDC recommends masking in public and monitoring symptoms for 10 days from last day of exposure. YKSD recommends but doesn't require a COVID test 5 days after last exposure.

# Return to School Options

## For Anyone with COVID-19 Symptoms or a Positive COVID-19 Test Result:

1

If you test positive, stay home for 5 days after your first symptom or positive test, whichever is earlier. After 5 days, you may return to school when you have not had a fever in 24 hours without fever reducing medicine, as long as your other symptoms are improving.

2

If you test negative, you may return to school once you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

3

If you do not get a test, stay home for 5 days. You may return after 5 days if you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

4

If your healthcare provider determines your symptoms are from something else, you may return to school with a note from your provider as long as you have not had a fever in 24 hours without fever reducing medicine and your other symptoms are improving.

*Content for this flier borrowed with permission from the Alaska Department of Health and Social Services Start Strong website.*

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