

Norwalk Student Illness Guidance for Parents

You will be notified that your child needs to go home from school if he or she exhibits any of the following symptoms:



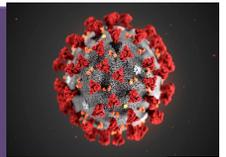
- Fever of 100.4 F or higher
- Vomiting
- Diarrhea
- Symptoms of [contagious illness](#), such as: COVID-19, influenza, strep throat, skin infections

Students may return after **24 hours**:



- After antibiotics have started (if applicable)
- Diagnosed with a specific medical condition (such as strep throat or ear infections)
- Doctor's note with a diagnosis and permission to return to school.
- With a doctor's note, they must have also been fever free (**without** the use of fever reducing medication) **and** without vomiting or diarrhea for 24 hours.

COVID-19 Evaluating Sick Student and Staff



Students or staff members should remain home when sick. Students or staff members with **any high-risk symptom** or **two or more low risk symptoms** should stay home and are advised to seek an evaluation by a health care provider.

High Risk Symptoms	Low Risk Symptoms
New cough, shortness of breath or difficulty breathing, new loss of taste or smell	Fever, headache, muscle and body aches, fatigue, sore throat, runny nose, congestion, nausea, vomiting, diarrhea

Students and staff need to stay home while waiting COVID test results!

Negative COVID test	Alternative Diagnosis	Positive COVID test
Return to school after 24 hours with no fever (without the use of fever-reducing medicine) and symptoms are improving <u>unless quarantine is still necessary due to close-contact positive exposure</u> .	Return to school after 24 hours with no fever (without the use of fever-reducing medicine) and symptoms are improving.	Return to school after 24 hours with no fever (without the use of fever-reducing medicine) and symptoms are improving and 10 days since symptoms started.



The following table is a comparison between [COVID-19](#), [Influenza](#), and a cold. For more, please refer to the [Iowa Department of Public Health](#) and the [CDC](#).

Symptoms	COVID-19	Influenza	Cold
Fever or chills	Common	Common	Uncommon
Headache	Common	Common	Uncommon
Aches/Pain	Common	Commonly severe	Slight
Runny Nose	Common	Common	Common
Sore Throat	Common	Common	Common
Cough	Common	Common	Common
Difficulty breathing	Common	Uncommon	Uncommon
Loss of taste or smell	Common	Uncommon	Uncommon
Stomach symptoms, such as vomiting, diarrhea, nausea	Common	Common	Uncommon

NOTE: When calling in to notify the school of your child’s illness, please be specific regarding your child’s symptoms. The nurses are required to report absences over 10% with similar symptoms to the IDPH. No student names are reported, only symptoms and the number of students.

Fever
Cough
Headache
Diarrhea
Rash

Sore throat
Swollen lips
Nausea/Vomiting
Fatigue/Tired

New loss of taste or smell
Congestion or runny nose
Muscle/Body Ache
Shortness of Breath