



St. Joseph Catholic School

Health and Wellness Guidance

Sickness Symptoms

- Temperature or signs of fever (chills, sweating). *School will send home at 99.5
- Sore Throat
- Uncontrolled cough
- Difficulty breathing
- Diarrhea
- Severe headache
- Unusual muscle pain
- Loss of taste or smell
- Vomiting

If You or Your Child Has Symptoms -

- Stay home from school **until symptom free for 48 hours without any medication**
- If sent home from school, child must stay home for **48 hours** and until symptom free without use of fever reducing medication
- If child has multiple symptoms, it is recommended that you make contact with your family doctor

If student, staff member or family member get a positive COVID test -

- St. Joseph School will work closely with the Mid-Michigan Health Department and will follow their guidelines
- If student is identified as a “close contact,” parents will be contacted by health department and school. Close contacts will be any student or staff member who has been in close contact with a contagious individual with COVID
- Close contacts will be asked to quarantine at home for a time specified by the health department. If your child begins to display symptoms, please contact your doctor and get tested

If your family is contacted by the health department concerning a COVID case, please respond quickly and work closely with them to ensure every precaution is taken to prevent the spread

Your Child may not attend school If -

- Student lives with someone who tested positive with COVID
- Considered a close contact with someone who tested positive with COVID. The health department considers a person contagious for 48 hours prior to first symptoms until 10 days after from onset of symptoms
- Student is displaying multiple COVID symptoms