



# Calais School Department COVID-19 Guidelines



YOU NEED TO STAY HOME OR WILL BE SENT HOME IF YOU HAVE:

**ONE OF THE FOLLOWING  
MAJOR SYMPTOMS:**

FEVER OF 100.4\* OR  
HIGHER  
NEW COUGH  
SHORTNESS OF BREATH  
DIFFICULTY BREATHING  
LOSS OF TASTE OR  
SMELL  
SORE THROAT  
CHILLS

OR

**TWO OF THE FOLLOWING  
MINOR SYMPTOMS:**

HEADACHE  
BODY ACHES  
RUNNY NOSE/  
CONGESTION  
NAUSEA  
VOMITING  
DIARRHEA  
RED EYES/EYE DRAINAGE  
SWELLING OR REDNESS OF  
HANDS/FEET  
RASH

OR

**BEEEN WITHIN 6 FEET  
OF SOMEONE  
DIAGNOSED WITH  
COVID-19 FOR 15  
MINUTES OR MORE**

## WHEN CAN I RETURN TO SCHOOL?

**POSITIVE COVID-19 TEST**

MAY RETURN AFTER 10  
DAYS  
**AND**  
AT LEAST 24 HOURS  
WITH NO FEVER  
WITHOUT TAKING  
MEDICINE  
**AND**  
SYMPTOMS HAVE  
IMPROVED  
**AND**  
CDC APPROVAL

**NO COVID-19 TEST**

MAY RETURN AFTER 10  
DAYS  
**AND**  
AT LEAST 24 HOURS WITH  
NO FEVER WITHOUT  
TAKING MEDICINE  
**AND**  
SYMPTOMS HAVE  
IMPROVED  
**OR**  
DOCTOR'S NOTE  
INDICATING AN  
ALTERNATIVE DIAGNOSIS

**NEGATIVE COVID-19**

AT LEAST 24 HOURS  
WITH NO FEVER  
WITHOUT TAKING  
MEDICINE  
**AND**  
SYMPTOMS HAVE  
IMPROVED

**EXPOSURE TO COVID-19**

MAY RETURN  
AFTER 14 DAYS  
WITH NO  
SYMPTOMS