

**Effingham Unit #40
COVID-19 Exclusion Guidance
From IDPH and Effingham County Health Department
August 21, 2020**

The following guidance is from the Illinois Department of Health (IDPH) and Effingham County Health Department. This FAQ addresses how a school district will handle both COVID symptomatic and asymptomatic individuals (students and staff).

Q: What are the symptoms to be used for exclusion from school?

A: Students/staff will be sent home or denied entry into school if **ANY** of the following symptoms are present: fever (100.4 degrees or higher), headache, shortness of breath, cough, sore throat, vomiting, diarrhea, abdominal pain, congestion or runny nose, new loss of sense of taste or smell, nausea, fatigue, and muscle/body aches.

Q: If sent home or called into school sick due to one of these symptoms, how long must the individual stay home?

A: The individual must stay home for at least 10 calendar days from onset of the symptoms **AND** for 24 hours with no fever (without fever-reducing medication) **AND** improvement of respiratory symptoms.

Q: If sent home or called into school sick due to exhibiting one or more of the COVID-19 symptoms, can a student/staff member return to school earlier than the 10 calendar days?

A: There are two options:

- a) produce documentation of a negative COVID-19 test
- b) produce a health care provider's (Doctor) note with an alternative diagnosis (i.e. seasonal allergies, reoccurring migraines, ear ache, etc.).

Q: If a student is sent home sick or called into school sick with COVID-19 symptoms must all their siblings/household members be sent home as well and quarantined?

A: Yes, if one of the household members is being evaluated for COVID-19, the rest of the household must be quarantined until

- a) negative COVID-19 test received, or
- b) health care provider alternative diagnosis is provided.

Q: Who determines quarantine (close contact with a positive test) and/or put into isolation (for a positive test)?

A: The Effingham County Health Dept. oversees the placement/release of individuals into quarantine and/or isolation.

If I test positive for COVID-19 (confirmed)

When can I return to school? – you must stay home at least 10 calendar days from onset of symptoms and for 24 hours with no fever (without fever-reducing medication) and improvement of respiratory symptoms. The Effingham County Health Department will determine actual length of isolation.

Quarantine for close contacts? – YES

Documentation required to return to school- “Release from Isolation” letter issued by the Effingham County Health Dept. that was provided to parent/guardian or individual.

Q: Do I have to provide a Doctor’s alternative diagnosis note every time for seasonal allergies, ear ache, etc.?

A: A Doctor’s diagnosis note is needed for each specific diagnosis and is good for each quarter (grading period).

Q: If I do not have symptoms but it has been determined by Health Dept. that I have had close contact to a confirmed or probable COVID-19 case

When can I return to school? – stay home for 14 calendar days after last exposure to the COVID-19 case. If COVID-19 illness develops, use the ten-day isolation period guidance for a COVID-19 case from the onset date. The Effingham County Health Department will have discussions with individual.

Documentation required to return to school- “Release from Quarantine” letter issued by the Effingham County Health Dept. that was provided to parent/guardian or individual.

Q: Where can I get a COVID-19 test?

A: You should first inquire through your health provider. There are other sites in the area as well. Examples include: Express Care, Sarah Bush Lincoln Hospital, Carle Clinic (Mattoon), and Southern Illinois Health Care (list is subject to change).