

# Feeling Ill? Determine Symptoms



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**I feel sick**

Typical  
"handbook"  
illnesses

- Fever over 100°?
- Vomiting?
- Diarrhea?
- Pink Eye?

Go home for existing  
illness management  
per school handbook

RETURN TO SCHOOL WHEN...

- 24 hrs fever free without medication
- 24 hour episode free
- 24 hours following treatment
- You have communicated with school nurse

PLUS  
additional  
COVID-type  
symptoms

- New cough causing difficulty breathing
- Loss of smell/taste
- New onset severe headache
- Muscle or body aches
- Fatigue, chills, or rigors
- Sore throat, congestion, runny nose
- Close contact with person confirmed or under quarantine for possible exposure to COVID-19

NEXT STEPS...

- Provide COVID-19 information
- Refer to healthcare professional
- Possible testing
- Go home

CLINICAL CRITERIA  
FOR COVID 19

= 2

- Fever
- Chills
- Headache
- Myalgia (aches)
- Sore Throat
- Rigor (chills/sweating with onset of fever)

+ 1

- Cough
- Shortness of breath
- Difficulty breathing

PROBABLE COVID -19  
or TEST POSITIVE?



- Stay home for 14 days
- Isolate and follow doctor or Health Dept. directions
- Wear a mask
- Cover coughs and sneezes
- Wash hands often
- Avoid sharing personal household items
- Clean all high-touch surfaces

RETURN TO SCHOOL WHEN...

- 10 days have passed since symptoms appeared
- 24 hours fever free without fever-reducing medication
- Symptoms improved
- You have communicated with school nurse