# Symptoms of COVID-19

If students, teachers, or employees have any of the 6 symptoms of COVID-19, which make them eligible for testing, they should call a healthcare provider and get tested for COVD-19, even if the symptom is mild. Testing locations can be found at https://coronavirus.utah.gov/testing-locations.

Even if they don't have symptoms, students, teachers, and employees need to be very careful and take precautions at school because children and adults may be asymptomatic. This means they have no signs or symptoms of the virus but can still spread it to others.

**If you can't do a temperature check on a student, teacher, or employee, ask the person if he or she is feeling feverish (the person's skin may feel hot or be red, or he or she may have chills or be sweaty).**

**Fever**
(temperature of 100.4°F or 38°C or higher or feeling feverish)

**Cough**

**Shortness of breath**

**Decrease in sense of smell or taste**

**Sore throat**

**Muscle aches and pains**

Visit the Centers for Disease Control and Prevention (CDC) website to find out other symptoms that may be associated with COVID-19.
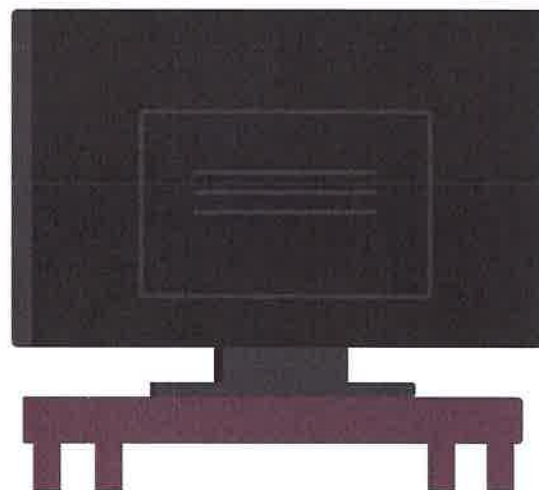
# Screening students for symptoms of COVID-19

There are many illnesses with symptoms like COVID-19, especially in children. Students with chronic health conditions like asthma or allergies may have a cough or runny nose without being infectious. Researchers have not found a single symptom or set of symptoms, that are only seen in children diagnosed with COVID-19[3].

**Students, teachers, and employees who are sick should not go to school. This is a good idea for any illness, not just during the COVID-19 pandemic.**

It is important to have school policies that encourage and support students, teachers, and employees to stay home when they are sick. This will help keep schools open for in-person learning. However, if students stay out of school for longer than necessary as outlined in your policies (for example, being fever-free for 24 hours without medicines) based on COVID-19 symptoms alone, it may lead to unnecessary student absences.

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3  https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html

# How do parents know if their child should get tested for COVID-19?

Children who are sick at all should not go to school. Parents should check students for symptoms of COVID-19 every day before school. This quick assessment can help parents check for symptoms of COVID-19. It is not meant to replace any advice from a healthcare provider. If at any time a parent has questions about their child's health, they should seek advice from a healthcare provider.

**If your child has a health condition that puts him or her at higher risk for severe illness from COVID-19, you should call a doctor or healthcare provider for advice.**

| Part 1: Symptoms | |
|---|---|
| **Does your child have any of these symptoms?** | |
| • Fever or temperature of 100.4° F (38° C) or higher. If you do not have a thermometer, check your child's skin to see if it feels warm or is red, or ask if he or she has chills or is sweaty.<br>• Sore throat<br>• Cough – if your child normally has a cough because of allergies or asthma, is this cough different than normal?<br>• Shortness of breath<br>• Muscle aches or pains<br>• Decrease in sense of smell or taste | |
| **Yes, my child has at least 1 of those symptoms.** | **No, my child is sick, but does not have any of the symptoms listed above.** |
| If you answered YES, move on to part 2. | You answered NO, your child does not have one of the 6 eligible symptoms of COVID-19 for testing.<br><br>Follow your school's sick policy. Most likely this will mean to keep your child at home until he or she has been fever-free (for 24 hours without medicine) and has not had any symptoms of sickness for 24 hours.<br><br>If your child does not seem to be getting better, or is getting worse, your child should see a doctor right away. |

| Part 2: Has your child been exposed to COVID-19? | |
|---|---|

Has your child been in close contact to someone who tested positive for COVID-19, in the last 2 weeks (14 days)?

This means he or she was closer than 6 feet or 2 meters (about 2 arm lengths) to the person for 15 minutes or longer.

If your child came into close contact with someone at school who tested positive for COVID-19, the school or health department would have likely notified you and asked that your child quarantine.

| YES | NO |
|---|---|
| **If you answered yes to any questions in both parts 1 and 2,** you should call a doctor or healthcare provider right away. Your child may need to get tested for COVID-19.<br><br>Your child should not go to school until he or she has seen a doctor or healthcare provider because your child was in close contact with someone who tested positive for COVID-19. | Your child has one or more symptoms of COVID-19 but was not in close contact with someone who tested positive.<br><br>You should call a healthcare provider to find out if your child should be tested for COVID-19. |