

Your child \_\_\_\_\_ exhibited the following symptoms at school today:

Please check all that apply:

<input type="checkbox"/> Fever (measured or reported) _____	<input type="checkbox"/> Sore Throat _____	<input type="checkbox"/> Headache _____
<input type="checkbox"/> Shortness of Breath or Difficulty Breathing _____	<input type="checkbox"/> Diarrhea _____	<input type="checkbox"/> Chills & Shivering _____
<input type="checkbox"/> New Loss of Taste and Smell _____	<input type="checkbox"/> New Cough _____	<input type="checkbox"/> Body Aches _____
<input type="checkbox"/> Nausea/Vomiting _____		

These symptoms could mean that your child has COVID-19, here are your options:

1. Visit with your health care provider. They will be able to tell you if there is something other than COVID-19 going on and provide you with a doctor's note if there is another diagnosis. If they suspect COVID-19, they can also test your child for COVID-19.
2. Go through Test Nebraska to get your child a free COVID-19 test. You can see when and where clinics are located and sign up by going to [www.testnebraska.com](http://www.testnebraska.com)
3. Assume your child is positive for COVID-19 and follow isolation and quarantine guidelines.

Based on your choice of the above options, your child can return to in school when:

1. **Your child was not tested and did not see a provider for an alternative diagnosis:** your child can return to school when **at least** 10\* days have passed from symptom onset **AND** fever free for 24 hours without fever reducing medication **AND** symptoms have improved.
2. **Your provider gave an alternative diagnosis** (such as, your child has bronchitis, strep throat, allergies, and other Non-COVID conditions). If there was another diagnosis given, your child can return with a doctor's note **AND** when school requirements for this condition are met.
3. **Your child was tested for COVID-19** (either through your provider or Test Nebraska) and it came back **positive**: Your child needs to be in isolation and can return to school when they have met the following conditions: At least 10\* days have passed from symptom onset **AND** fever free for 24 hours without fever reducing medication **AND** symptoms have improved.
4. **Your child was tested for COVID-19** (either through your provider or Test Nebraska) and it came back **negative**: Your child can return to school when they have been fever free for 24 hours without fever reducing medication (or meets the school's requirements for readmission) **AND other** symptoms have improved. (If your child has had close contact with someone positive for COVID-19, a negative test will not allow them to return to school before the end of a required 14-day quarantine. Speak with the school or your local health department for those situations.)

\*This length of time may need to be extended for people who have severe illness or are immunocompromised. Consult NCDHD or the health care provider for guidance.

Call your health care provider or Northeast Nebraska Public Health Department if you have questions about any of the above information. Thank you!



Northeast Nebraska Public Health Department  
215 N Pearl St, Wayne, NE 68787  
402-375-2200 or 800-375-2260