

When Should I Keep My Student Home?

NOTE: These are school instructions, not medical advice. Please contact your doctor with health concerns.

Student's Symptoms of Illness	Student May Return to School When
Fever: Temperature by mouth greater than 100.4 degrees	 No fever for at least 72 hours without the use of fever reducing medicine
Skin rash or open sores	 Rash is gone; sores are dry or can be completely covered by a bandage; or with orders from doctor to school nurse
New Cough illness	 In general, when symptom-free for 72 hours. If pertussis (whooping cough) is diagnosed, after taking 5-day course of prescribed antibiotics, or when cleared for return by local public health authority. If COVID-19 is diagnosed, with orders from local public health authority
Diarrhea: 3 loose or watery stools in one day OR newly not able to control bowel movements	Symptom-free for 48 hours
Vomiting	Symptom-free for 48 hours
Headache with stiff neck and fever; OR with recent head injury	Symptom-free or with orders from doctor to school nurse
Jaundice: (new) yellow color in eyes or skin	After orders from doctor or local public health authority to school nurse
Red eyes or eye discharge: yellow or brown drainage from eyes	 Redness and discharge is gone OR with order from doctor to school nurse
Acting different without a reason: unusually sleepy or grumpy OR acting differently after a head injury	After return to normal behavior OR with orders from doctor to school nurse
Major health event, like surgery OR an illness lasting 2 or more weeks	 After orders from doctor to school nurse
Student's health condition requires more care than school staff can safely provide	After measures are in place for student's safety

Recommendations for Non-Essential Travel

Travel to/from other states or countries could increase the risk of COVID-19 spread. Avoiding travel, particularly travel through shared conveyance such as air, bus or rail travel, can reduce the risk of virus transmission and bringing the virus back to Oregon. All non-essential travelers, including returning Oregon residents, **should** but are **not required** to:

- Practice self-quarantine for **14 days** after arrival
- Limit their interactions to their immediate household

Those who have traveled to or from may consider ending quarantine early if they have not had any symptoms:

- After **10 days, without any testing** OR
- After **7 days**, if they have **had a negative result** by an antigen or polymerase chain reaction (PCR) test within the 48 hours before ending quarantine.

Residents of Oregon **should**, but are **not required** to stay home or in their region and avoid non-essential travel to other states or countries.

These recommendations **do not apply to** individuals who cross state or country borders for **essential travel**.