

Lake Wales Charter Schools

PO Box 3309 Lake Wales, FL 33859
863-679-6560



Student/Staff Sick Guidance during COVID-19

The purpose of this document is to give guidance to Lake Wales Charter Schools students and staff during the COVID-19 pandemic regarding sickness.

Symptoms/Situations Requiring Absence:

- 1) Active nausea, vomiting, or diarrhea that lasts longer than 24 hours;
- 2) Temperature of 100.4 or higher, chills, generalized body aches/fatigue;
- 3) Headache that is continuous, and atypical for those who suffer from frequent headaches/migraines;
- 4) Shortness of breath or difficulty breathing, cough, sore throat, congestion, loss of taste or smell;
- 5) Positive COVID-19 test results with or without any symptoms;
- 6) If you have had direct contact, within 6 ft for 15 minutes (cumulative) with an individual who has tested positive for COVID-19, and you develop known COVID-19 symptoms. Known COVID-19 symptoms include **fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion, nausea, vomiting, and/or diarrhea.**
- 7) If you live in the home with someone who has tested positive for COVID-19 and you begin to exhibit known COVID-19 symptoms;
- 8) The first 24 hours of various antibiotic treatments (i.e. for strep throat, pink eye, etc.);
- 9) Undiagnosed, new, and/or untreated rash or skin condition (i.e. generalized hives, wound with purulent drainage, etc.);
- 10) Doctor's note requiring an individualized plan of care to stay home.

When to Return:

- 1) If you have recently received your COVID-19 vaccine and begin to have pain, redness, or swelling at the site where you were vaccinated, or experience fatigue, headache, muscle pain, chills, fever, or nausea **within the first 48 hours after vaccination** this is expected. In most cases, this is a normal sign that your body is building protection. If they have not improved after 48 hours you should contact your doctor before returning to school/work.
- 2) If you are COVID positive with or without symptoms, you are able to return to school or work 5 days after your symptoms first began or your test date if you do not have symptoms, as long as you have been fever-free for at least 24 hours. If you continue to have a fever, you must wait to return to school or work until you have been fever-free for 24 hours.
- 3) If you have been identified as a direct contact or live in the home of someone who has tested positive for COVID-19 you may return to school/work but should assess daily for any development of COVID-19 symptoms. If at any time you develop known COVID-19 symptoms you should self-isolate and contact your doctor. You will have to be symptom-free for at least 24 hours before you are able to return or have a negative COVID test.
- 4) After 24 hours on antibiotics for a variety of bacterial causes.
- 5) Doctor's note of clearance for various student/staff-specific medical conditions.