The California Department of Public Health (CDPH) notes that getting tested for COVID-19 when symptoms are consistent with COVID-19 will help with rapid contact tracing and prevent possible spread at schools. CDPH recommends the following:

- Staff members and students with symptoms of COVID-19 infection should not return for in-person instruction until they have met these criteria:
  - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and
  - Other symptoms have improved; and
  - They have a negative COVID-19 test, or a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) or a healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), or at least 10 days have passed since symptom onset.

Follow the CDC’s guidelines for Staying Home when Sick and Getting Tested:

- Students, teachers, and staff who have symptoms of infectious illness, such as influenza (flu) or COVID-19, should stay home and contact their healthcare provider for testing and care.
- Parents and guardians should keep children home if they are showing signs and symptoms of COVID-19 and get them tested.

### Common Symptoms of COVID-19 (CDPH)

- Headache
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea