

Covid -19 Symptoms & Guidelines

General COVID-19 Symptoms:

- Cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, loss of taste or smell, nausea, vomiting, diarrhea, headache.
- Children generally show milder symptoms including cold-like symptoms.

If any child, family member or Arcadia staff member has:

➤ 2 or more symptoms, stay home and quarantine until:

- At least 72 hours have passed since symptoms have resolved (fever needs to resolve WITHOUT fever reducing medicine); AND
- You have a negative test result for Covid-19

➤ Close contact (within 6 feet for 15 min+) with someone confirmed to have Covid-19:

- Stay home and quarantine for 14 days from last exposure and monitor for symptoms.
- Get tested and contact Health Dept.

➤ Non-close contact with someone confirmed to have Covid-19 (more than 6 feet for 15 min. or less) and no symptoms:

- Stay home for 72 hours and monitor for symptoms.
- Practice social distancing, good hygiene and get tested if possible.

➤ A confirmed case of Covid-19, stay home and isolate until:

- At least 14 days have passed since first symptoms; AND
- At least 24 hours have passed since fever resolved without fever reducing medicine; AND symptoms have resolved for at least 24 hours.

If there is a confirmed case of Covid-19 at the school, Arcadia will close for 14 days to disinfect the school and quarantine. We will contact the Health Department.