



Guidelines for Sick Children

**Adapted from Billings School District 2 Guidelines*

YOUR CHILD MUST REMAIN HOME IF HE/SHE HAS ANY OF THE FOLLOWING SYMPTOMS:

- **Fever of 100.4 degrees Fahrenheit or more:** Keep your child home until his/her fever has been gone for 24 hours without fever reducing medication.
- **Vomiting and diarrhea:** Children must be without vomiting and diarrhea for 24 hours before they return to school. This includes two or more episodes of either symptom in the previous 24 hours.
- **Very decreased activity level, irritability, or persistent crying.**
- **New loss of taste or smell:** Testing to rule out COVID-19 infection is recommended.
- **Frequent coughing (new or unexplained) accompanied by other symptoms of respiratory illness (fever, runny nose, congestion, sore throat):** Testing to rule out COVID-19 infection is recommended.

MEDICAL CARE IS RECOMMENDED FOR ANY OF THE FOLLOWING SYMPTOMS OF INFECTION OR ILLNESS:

- Any wounds with increasing redness, pain, swelling, warm to the touch, red streaks into surrounding tissue, yellow/green drainage, or slow healing.
- Sudden onset of severe sore throat possibly accompanied by a fever.
- Toothache accompanied by fever or facial swelling.
- Mouth sores.
- Any rash that is accompanied by a fever, covers multiple body areas, spreads quickly, or is preceded by other symptoms of illness.
- Symptoms of an eye infection including redness of the whites of the eyes accompanied by white or yellow mucus.
- Uncontrolled coughing, difficulty breathing, wheezing.
- Stiff neck accompanied by fever.
- Suspected symptoms of COVID-19 (may include one or more of the following: fever or chills, new or unexplained cough, shortness of breath or difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, congestion or new or unexplained runny nose, nausea or vomiting, diarrhea).

FOR ANY NON-COVID ILLNESS DIAGNOSED BY A HEALTHCARE PROVIDER:

- Your child may return when well enough to do so with a release note from the healthcare provider.



FREE COVID-19 TESTING RESOURCES:

Currently, free COVID-19 testing is available at CVS pharmacy (1311 Grand Ave). Results can take up to 2 days.

Additionally, free home (rapid) COVID-19 test kits are available at RiverStone Health Clinic during these pickup times:

- 123 S. 27th, at the front desk during regular clinic hours:
 - Monday, Tuesday, Thursday, 8 a.m. – 7 p.m. (closed noon – 1 p.m.),
 - Wednesday 8 a.m. – 7 p.m. (closed noon – 2 p.m.),
 - Friday 8 a.m. – 5 p.m. (closed noon – 1 p.m.),
 - Saturday, 9 a.m. – 4 p.m.

IF YOUR CHILD TESTS POSITIVE FOR COVID-19 OR IF YOUR CHILD IS A CLOSE CONTACT TO SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19:

- Please follow instructions found on the Riverstone Health website at <https://covid.riverstonehealth.org> or The Montana Department of Public Health and Human Services website at <https://dphhs.mt.gov/publichealth/cdepi/diseases/coronavirusmt/index>
- We respectfully request that you follow CDC, Riverstone Health, and your health care provider instructions regarding return to school and activities.

If your child develops any symptoms of infection or illness during the school day, we will contact you to immediately pick-up your child. Please ensure phone numbers, child release individuals, and emergency contacts are current.