Watch for signs and symptoms daily.

I have symptoms. What should I do?

If I am at school, I should go to the school nurse office.

If I am at home, I should stay home and stay away from others.

The Vermont Department of Health recommends anyone with symptoms:

* Wear a mask
* Stay away from others
* Get tested when possible (even if vaccinated or if you had COVID-19 in the past)
* You can access rapid antigen tests from the school. Tests are to be taken at least 24 hours apart.
* You can choose to get a PCR test at a community location. If you have tested positive in the last 90 days, use an antigen test.

When can I return to school?

Return to School When
* Your symptoms have significantly improved **AND**
* You have been fever free for 24 hours without using medication to reduce fever

Symptoms of COVID-19

Fever over 100.4	Runny Nose
Sore Throat	Cough
Shortness of Breath	Chills
Fatigue	Muscle Pain/Body Aches
Headaches	Loss of Taste/Smell
Congestion	Nausea
Vomiting	Diarrhea