

# Keep Sick Children Home

## Interim Exclusion Guidelines for COVID-19

Updated September 4, 2020

Dear Parents/Guardians,

To protect the health and safety of children and staff, children who are sick with any illness need to be kept home. We will continue to follow our usual exclusion guidelines (WAC 110-300-0205) which includes children who generally feel unwell, as well as exclude any children who have:

- cough
- shortness of breath or difficulty breathing
- fever of 100.4 F or higher or chills
- headache or fatigue
- sore throat
- muscle or body aches
- new loss of taste or smell
- congestion or runny nose
- nausea, vomiting, or diarrhea



If a child or staff member has any of the above symptoms associated with COVID-19 they should be excluded from child care and tested for COVID-19. Without a negative test, they must stay home for 10 days and at least 24 hours after fever has resolved and symptoms have improved.

If a child has been exposed to COVID-19 in any setting during the past 14 days, they should remain quarantined at home and excluded from child care until 14 days after their last exposure has passed.

Further management of such children depends on their exposure history, symptom status, and COVID-19 test results as set forth in the [guidance table](#) developed by Snohomish Health District.



### For more information visit:

Snohomish Health District  
[www.snohd.org/ncov2019](http://www.snohd.org/ncov2019)

Washington State Department of Health  
[www.doh.wa.gov/emergencies/coronavirus](http://www.doh.wa.gov/emergencies/coronavirus)

Centers for Disease Control and Prevention  
[www.cdc.gov/coronavirus/2019-ncov](http://www.cdc.gov/coronavirus/2019-ncov)