

Guidelines for Parents with Ill Students

Cajon Valley Union School Districts' endeavor is to prevent the spread of disease among students. For the protection of your own child, as well as classmates, students with ANY of the symptoms listed below MUST stay home.

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| <ul style="list-style-type: none"> • Fever \geq 100°F • Cough • Fatigue • Muscle or body aches • Headache • New rash • Shortness of breath/difficulty breathing | <ul style="list-style-type: none"> • New loss of taste or smell • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea • Inflamed, draining eye* • Chills |
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Your Child May Return to School When

1. 10 days have passed since symptoms first appeared **AND**
2. No fever for at least 24 hours without the use of fever reducing medication **AND**
3. Symptoms have improved

OR

4. Proof of a negative PCR viral test AND 3 days of being symptom free

*** 24 Hour Rule:**

Your child should not have an inflamed and/or draining eye for at least 24 hours before returning to school

Chronic Health Conditions

Students who have symptoms associated with COVID-19 but are due to a known chronic health condition must provide the following in order to attend school (CH-97):

- A signed note from a licensed MD/DO/NP/PA (who manages their condition)
- The note must confirm the chronic diagnosis (e.g. cite labs, date diagnoses)
- Explain how symptoms are unrelated to COVID-19
- Include provider's contact information and
- Be accompanied by signed consent for school to interact with MD/DO/NP/PA

Free COVID-19 County Testing Sites

The County of San Diego County offers free COVID-19 PCR viral testing, which is the only test that CVUSD will approve for students to return to school. Students are welcome to contact their primary health care provider for testing; however, they must ensure they obtain a PCR viral test. We highly encourage students to be tested at the county testing sites. The tests are free of charge and no appointment is required.

Free COVID-19 County Testing Sites

https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/testing.html

Frequently Asked Questions - San Diego County COVID-19 Testing

What test is used? How is it done?

- The County is using a polymerase chain reaction (PCR) test developed by Helix Diagnostics, which looks for pieces of the virus that cause COVID-19. Tests are conducted by a nasal swab and may be self-collected by the individual who is observed by a public health nurse or may be collected by public health staff if the individual chooses.

How long does the process take?

- Collecting the samples that will be tested is very quick. Most people will be able to provide the registration information and complete testing within 10 minutes; however, that time may vary based on how busy the site is.

What is the cost?

- The test is done at no charge.

If your child is sick, please ensure you notify the school of your child's absence. Thank you for your understanding and support as we strive to provide a safe and healthy educational environment.