

Alpine Academy
When to Stay Home & When to Return to School

- If the situation arises at home, email Cathy Hammond at catherinehammond@outlook.com and keep your child home.
- If the situation arises at school, the school will contact you to pick up your child within 30 minutes.
- All doctors' notes must include the doctor's signature, name, company, and phone number.
- The school may change these guidelines any time.
- This document includes COVID-19 information. For information about staying home in other contagious situations, refer to the family handbook at www.myalpineacademy.com / Forms.

Situation	Description	When Student May Return
Student has 1 of these symptoms	100.4+ fever Chills Sore throat Cough Shortness of breath Difficulty breathing Loss of taste or smell	~ No fever for 24 hours without meds ~ AND symptoms improving ~ AND wait 10 days from onset of symptoms OR submit doctor's note with diagnosis and date child may return to school
Student has 2 of these symptoms	Muscle aches Headache Fatigue Diarrhea Nausea/vomiting Congestion/runny nose	~ No fever for 24 hours without meds ~ AND symptoms improving ~ AND wait 10 days from onset of symptoms OR submit doctor's note with diagnosis and date child may return to school
Sibling of a student with symptoms		The sibling may return at the same time as the student who had the symptoms.
Student tests positive for COVID-19		~ No fever for 24 hours without meds. ~ AND symptoms improving. ~ AND wait 10 days from onset of symptoms.
Student has close contact with a person who tests positive OR lives with a person who tests positive	Close contact = Being within 6' for 15+ mins of a person who has it; hugging; kissing; being sneezed on; being coughed on; sharing eating utensils; etc with a person who has it	Wait 10 days after contact with that person.
Student lives with a person tests +		Wait until that person's quarantine has ended (or symptoms have improved, whichever is later) then wait 10 more days.