

Alpine Academy

COVID-19: When to Stay Home & When to Return to School

- If the situation arises at home, email our manager, Caroline Ford, at cford@myalpineacademy.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 agreement.
- Isolation is the number of days the child stays home. Example: Close contact on January 1. Count 10 days of isolation from January 2 to 11. Return January 12.

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 choice #1 or #2 ~ Choice #1: wait 10 days ~ Choice #2: submit a negative PCR test and a doctor's note with the date the 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 choice #1 or #2 ~ Choice #1: wait 10 days ~ Choice #2: submit a negative PCR test and a doctor's note with the date the child may return to school
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	Being within 6' for 15+ mins of a person who has it; hugging; kissing; being sneezed or coughed on; sharing eating utensils	Wait 10 days after contact with that person
Student travels to a country or world region that the CDC has deemed risk level 3 or 4	CDC site: https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notices.html	Wait 10 days after the day of return