

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

- If the situation arises at home, email Mrs. Michelle Schepke at mschepke@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.
- The student may return to school when ALL conditions are met.
- All doctors' notes must include the doctor's signature, name, company, and phone number.
- The school may change these guidelines at any time and for any student.
- Remember, this document includes COVID-19 information. For information about staying home in other contagious situations, refer to the family handbook at www.myalpineacademy.com / Info / 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 Choose one: ~ Doctor's note with diagnosis & statement when child may return to school. ~ Negative COVID-19 test taken on 5th day after the onset of symptoms ~ Wait 10 days from onset of symptoms
Student has 2 of these symptoms	Muscle aches Headache Fatigue Diarrhea Nausea/vomiting Congestion/runny nose	~ Same as above. ~ For information about staying home in other contagious situations, refer to the family handbook at www.myalpineacademy.com / Info / Forms.
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		1. Wait 10 days after symptoms first appeared 2. Doctor's note stating when the child may return to school 3. Symptoms improving 4. No fever for 24 hours without meds
Student has a family member or "close contact" with a person who tests +	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 all symptoms have improved, whichever is later) then wait 10 more days.