

# SCHOOL HEALTH PROGRAM

## COVID-19 Symptoms/Exposure and Return to School Guide

**Pitt County Schools (PCS) follows NCDHHS, DPI and Pitt County Health Department's guidance for returning to school.**  
**Pitt County Health Department COVID-19 Hotline: 252-902-2300 \*Vidant COVID-19 Hotline: 252-847-8000**

**Student:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Your student presented to school with or developed one or more of the following COVID-19 symptom(s) during the school day:

Symptoms/Screening			
Fever: Temperature _____		Fatigue or Muscle/Body Aches	
Chills		Sore Throat	
Shortness of Breath or Difficulty Breathing		Congestion/Runny Nose	
New Cough		Headache	
New Loss of Taste or Smell		Nausea/Vomiting/Diarrhea	
Other: _____		Reported Exposure	

**Please contact the school prior to your student returning back to school. If a student is excluded from school for symptoms and does not provide a COVID RT-PCR test result or a physician note; all siblings who are PCS students as well as adults who are staff members of PCS must also quarantine. The guidance below will be used to determine when your student can return.**

**No self-administered tests can be accepted for clearance to return to school.**

- **Symptoms present, but no COVID-19 test:** 10 days after first date symptoms began, no fever for 24 hours (without the use of fever reducing medicine), **AND** student has no symptoms, including cough and shortness of breath. Dates of quarantine for your student: \_\_\_\_\_ May return to school: \_\_\_\_\_
- **Symptoms present, but negative COVID-19 rapid antigen test:** A negative rapid antigen test performed in a physician's office and accompanied with alternate diagnosis from provider can be submitted for return to school. Student can return once fever free for 24 hours (without the use of fever reducing medicine), no vomiting or diarrhea for 24 hours **AND** student has felt well for 24 hours.
- **Negative COVID-19 RT-PCR test after exposure (conducted on Day 6 or later after exposure during 10 day quarantine period):** With no symptoms, no fever for 24 hours (without the use of fever reducing medicine), **AND** student has felt well for 24 hours.
- **Confirmed positive test for COVID-19:** 10 days after the first date symptoms began or if no symptoms, 10 days after date of COVID-19 test with no fever for 24 hours (without the use of fever reducing medicine), **AND** student has no symptoms, including cough and shortness of breath.
- **Household exposure (students living in the same house with someone who has COVID-19 symptoms or who was confirmed positive for Covid-19):** Students must quarantine while housemate recovers **AND** 10 days after the date of housemate's positive test or onset of symptoms. **In addition, the exposed individual (s) quarantine period does NOT begin until Day 11, with the option to test on Day 16. PCS requires all housemates to complete the full quarantine period and no exceptions are allowed.** Please contact school for further guidance on return date.
- **Outside of household exposure:** 10 days after the last date of exposure to a person with COVID-19 symptoms or who was confirmed positive **AND** student has no development of symptoms (*Please see guidance for negative COVID-19 test*).
- **Written confirmation of alternate diagnosis other than COVID-19 is required** (example: stomach virus, ear infection, strep throat) follow normal PCS polices to return to school.

**References:** NCDHHS StrongSchoolsNC: Public Health Toolkit (K-12) Interim Guidance Retrieved from <https://files.nc.gov/covid/documents/guidance/Strong-Schools-NC-Public-Health-Toolkit.pdf>; Reference Guide for Suspected, Presumptive or Confirmed Cases of COVID-19 [https://files.nc.gov/covid/PHT-ScreeningReferenceGuide\\_6.30.pdf](https://files.nc.gov/covid/PHT-ScreeningReferenceGuide_6.30.pdf)  
DPI: Covid-19 Response Resources Lighting Our Way Forward Retrieved from: <https://www.dpi.nc.gov>; Centers for Disease Control and Prevention Retrieved from: Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>; Pitt County Health Department Retrieved from: <https://www.pittcountync.gov/>