Harbor Country Day School
Embracing the extraordinary in every child.™

COVID-19 Student Health Checklist - When to Remain Home from School

Please keep your child home from school if…

❏ Your child has a fever greater than 100℉ (*please do not medicate your child to reduce their fever in order to be able to send them to school*)
❏ Your child has, to your knowledge, come into close or proximate contact with someone who has tested positive for COVID-19
❏ Your child has one or more of the COVID-19 symptoms which include:
  ❏ Fever or chills
  ❏ Cough
  ❏ Shortness of breath or difficulty breathing
  ❏ Fatigue
  ❏ Muscle or body aches
  ❏ Headache
  ❏ New loss of taste or smell
  ❏ Sore throat
  ❏ Congestion or runny nose
  ❏ Nausea or vomiting
  ❏ Diarrhea
❏ Your child have traveled internationally or been to one of the COVID-19 'high risk' states (as mandated by Governor Cuomo's tri-state travel ban) within the last 14 days
❏ Someone in your immediate household has tested positive for COVID-19
  ❏ *If someone in the immediate family has tested positive, please contact Harbor's school nurse, Nancy Busa, at: nbusa@hcdsny.org **immediately**.*

A return to school can take place:

○ **For those who had previously tested positive**: After the student is asymptomatic and has completed a mandatory 10-day quarantine period
  ■ Please contact Harbor's school nurse, Nancy Busa, at: nbusa@hcdsny.org with these results prior to returning to work
○ **For those who were exhibiting COVID-19 symptoms but a COVID-19 test was NOT obtained**: The student MAY return once they:
  ■ Have been without fever for 3 days (without use of medication) **AND**
  ■ Respiratory symptoms have improved **AND**
  ■ It's been at least 10 days since symptoms first appeared **AND**
  ■ Have clearance from their physician and a note has been provided to Harbor's school nurse

Should you have any questions, please contact Harbor Country's School Nurse: nbusa@hcdsny.org