



COVID-19 CDPH* GUIDELINES

Students need to stay home if they have:

ANY OF THE FOLLOWING:

- Chills or fever of 100.4 or higher
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headaches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

OR

ANY DIRECT EXPOSURE:

- Been within 6 feet of someone diagnosed with Covid-19 for more than 15 minutes
- Anyone living in their household has tested positive to Covid-19
- Traveled outside of California (requires 10 day quarantine upon return)

When can student return to school?

POSITIVE COVID-19 TEST

MAY RETURN AFTER 10 CALENDAR DAYS
FROM START OF SYMPTOMS
AND
NO FEVER FOR 24 HOURS
WITHOUT THE USE OF MEDICATION
AND
SYMPTOMS HAVE IMPROVED

NO COVID-19 TEST

MAY RETURN AFTER 10 CALENDAR DAYS
AND
NO FEVER FOR 24 HOURS
WITHOUT THE USE OF MEDICATION
AND
SYMPTOMS HAVE IMPROVED
OR
DOCTOR'S NOTE INDICATING
ALTERNATIVE DIAGNOSIS

NEGATIVE PCR COVID-19 TEST*

MAY RETURN AFTER 24 HOURS
OR IMPROVED SYMPTOMS
AND
NO FEVER FOR 24 HOURS
WITHOUT THE USE OF MEDICATION

Negative test results MUST be emailed to:
preschool@cereschristianchurch.org
NOT A RAPID TEST PER CDPH*

DIRECT EXPOSURE TO COVID-19

MAY RETURN AFTER 5 CALENDAR DAYS OF
LAST CONTACT WITH POSITIVE INDIVIDUAL*
AND HAVE NO SYMPTOMS
OR
MAY RETURN AFTER 10 CALENDAR DAYS
IF HOUSEHOLD MEMBER TESTS POSITIVE
AND HAVE NO SYMPTOMS

*ADDITIONAL DAYS MAY APPLY DEPENDING
UPON RELATIONSHIP OF EXPOSURE