

# COVID-19 At-Home Screening

## SECTION 1: Symptoms

In children, signs/symptoms of COVID-19 are often mild, and it may not be possible to distinguish COVID-19 from other illnesses. The New Jersey Department of Health (NJDOH) recommends that any child with COVID-19 compatible symptoms should not return to school until they have either received a negative viral test for COVID-19 or they have completed an isolation period of at least 10 days since symptom onset. The child should be fever free for at least 24 hours without fever-reducing medications, and with symptom improvement. **Please check your child daily for these symptoms:**

### Category A

- Chills
- Rigors (shivers)
- Myalgia (muscle aches)
- Headache
- Sore Throat
- Nausea
- Fatigue
- Congestion or runny nose

### Category B

- Fever (100.0 or higher)
- Vomiting
- Diarrhea
- Cough
- Shortness of Breath
- Difficulty Breathing
- New loss of smell
- New loss of taste

Students who are sick should not attend school in-person. If **TWO OR MORE of the fields under Category A are checked off OR AT LEAST ONE field under Category B is checked off**, please keep your child home, notify their health care provider for additional guidance, and follow up with your school. For students with chronic illness, only new symptoms, or symptoms worse than baseline, should be used to fulfill these criteria.

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## SECTION 2: Suspected COVID-19 Exposure

- If your child has had close contact (within 6 feet of an infected person for 15 minutes or more cumulatively over a 24-hour period)
- If someone in your household is diagnosed with lab confirmed COVID-19 or COVID-19 compatible symptoms

If **EITHER** of the fields in Section 2 is checked off, your child must remain home for **14 days** from the last date of exposure (if your child is a close contact of a confirmed COVID-19 case) or the date of return to New Jersey. Shortened quarantine times may apply under certain conditions. Contact your school nurse for more information. *Note: Household contacts may be required to quarantine for up to 24 days.*

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## SECTION 3: Travel

If your child has traveled, please follow the appropriate CDC guidelines for [domestic travel](#) or [international travel](#).