



COVID-19 GUIDELINES WHEN TO KEEP YOUR CHILD AT HOME

Your child has **ONE** of the following
MOST COMMON SYMPTOMS:

- ~ Fever of 100.4 or higher
- ~ New cough
- ~ Shortness of breath
- ~ Difficulty breathing
- ~ Loss of taste or smell
- ~ Sore throat

Your child has **TWO** of the following
LESS COMMON SYMPTOMS:

- ~ Headache
- ~ Body aches
- ~ Runny nose/Congestion
- ~ Nausea/Vomiting
- ~ Diarrhea
- ~ Fatigue

YOUR CHILD HAS BEEN WITHIN SIX FEET OF SOMEONE DIAGNOSED WITH COVID-19 FOR 15 MINUTES OR MORE

14-day quarantine – We make this decision as a school to keep the 14-day quarantine as recommended by our medical consultants, which exceeds current CDC recommendations

WHEN CAN YOUR CHILD RETURN TO SCHOOL?

POSITIVE COVID-19 TEST:

MAY RETURN AFTER 10 DAYS
AND
AT LEAST 24 HOURS WITH NO FEVER,
WITHOUT FEVER MEDS
AND
SYMPTOMS HAVE RESOLVED
AND
CDC APPROVAL

NO COVID-19 TEST:

MAY RETURN AFTER 10 DAYS
AND
AT LEAST 24 HOURS WITH NO FEVER,
WITHOUT FEVER MEDS
AND
SYMPTOMS HAVE RESOLVED
OR
DOCTOR'S NOTE INDICATING
ALTERNATIVE DIAGNOSIS
FAX: 207.873.6377

NEGATIVE COVID-19 TEST:

AT LEAST 24 HOURS WITH NO FEVER,
WITHOUT FEVER MEDS
AND
SYMPTOMS HAVE RESOLVED
AND
DOCUMENTATION OF NEGATIVE
COVID-19 TEST RESULT HAS BEEN
PROVIDED TO SCHOOL

PLEASE KEEP ALL MMA STUDENTS AT HOME WHEN ANYONE IN YOUR HOUSEHOLD IS EXHIBITING ANY SYMPTOMS OF COVID-19, UNTIL THE SYMPTOMATIC PERSON IS DEEMED COVID-19 NEGATIVE BY TEST OR DOCTOR'S NOTE.

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