

## Symptoms

People with COVID have had a wide range of reported symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to SARS-CoV-2. Symptoms can 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, vomiting, or diarrhea

This list does not include all possible symptoms and children and youth with SARS-CoV-2 infection may experience any, all, or none of these symptoms.

## Guidance when symptoms are seen

Automatic exclusion and evaluation for COVID:

- Students and staff should be excluded from school if they have:
  - Any of the following with or without fever:
  - Shortness of breath or difficulty breathing -or -
  - Loss of taste or smell -or –
  - New or worsening cough
  - If these symptoms are explainable by an underlying condition (such as shortness of breath for an individual with asthma) exclusion may not be necessary.

Isolate students or staff with symptoms of COVID identified during the school day:

- Students and staff should be moved safely and respectfully to the isolation room for evaluation. The individual should be provided a mask if they are able to use one, and students should be supervised by a school nurse using appropriate personal protective equipment (PPE).
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