

## MEDICAL GUIDANCE FOR PARENTS

The following ideas and suggestions are a compilation of recommendations from medical experts.

1. Take extra precaution and seek a medical evaluation from your healthcare provider if returning from areas where community spread COVID-19 has been identified.
2. Parents should follow guidance they have received from health officials.
3. Parents can help reduce the transmission of disease by reminding and teaching their children the importance of good personal hygiene and wellness practices.
4. The best way to stop the spread of disease is frequent and thorough hand washing (especially after using the restroom and prior to eating meals).

The Utah County Health Department recommends students stay home when:

- They are not well enough or seem too run down to participate in class.
- Their cold symptoms are accompanied by a fever of 100.5 or higher.
- They have a contagious illness, such as the flu, pinkeye/conjunctivitis (redness, itching, and/or “crusty” drainage from the eye)
- They have vomited within the past 24 hours
- They have experienced diarrhea within the past 24 hours
- They have body rash with itching or fever
- They have active head lice
- They have been diagnosed with a bacterial infection, such as bronchitis or strep throat. In such cases, keep a child home for 24 hours after starting antibiotics.

Following are additional sources of information and resources that may be helpful:

Utah Department of Health – <https://health.utah.gov/>

Utah County Health Department – <https://health.utahcounty.gov/>

Center for Disease Control – <https://www.cdc.gov/>

Utah Coronavirus Information Hotline: 1-800-456-7707