

**Updated Guidance on Child Exclusion for a Runny Nose (exclusion period reduced from 72 hours to 48 hours)**

If a child has the symptom of a runny nose **ALONE** (without a fever, another COVID-19 related symptom, or chest congestion), the child should be excluded for 48 hours and can return with a doctor's note stating the cause of the runny nose. If the cause is viral or bacterial; i.e., a cold or ear infection, the note will be good for two weeks (unless new symptoms develop.) If the cause is allergies, the note will be good for 30 days (unless new symptoms develop.)

\*The child can return sooner than 48 hours if they obtain a doctor's note and receive a negative COVID-19 test; however, COVID-19 testing for a runny nose without another symptom is not required.

**Celebrate the Holidays Safely**

Trends have shown that the number of COVID-19 cases in our community increase after holidays. Most of the cases we have identified at TCS have been after holiday breaks as well. Please click on the link below to access the CDC's guidance on celebrating the Thanksgiving holiday safely.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>