



STAY HOME IF YOU HAVE the following symptoms. Please contact the Nazareth School office 619-641-7987 or office@nazarethschool.org

According to the HHS, any person with these symptoms must self-isolate for 10 days (stay at home) and may return on day 11.

- Fever with or without chills/rigors (fever defined as a temperature greater than or equal to 100.0 degrees Fahrenheit that does not resolve within 30 minutes without medication)
- Cough
- Shortness of breath or difficulty breathing
- Nasal Congestion or runny nose (rhinorrhea)
- Sore throat
- Nausea, vomiting or diarrhea
- Fatigue
- New loss of taste or smell
- Headache
- Muscle or body aches
- Poor feeding or poor appetite
- Known close contact with a person who is lab confirmed to have COVID-19

