

Welcome Back to School

We have finally reached a point in the COVID world where we still want to be proactive in preventing the spread while recognizing that we want kids in school! That means we are going to follow CDC best practice guidelines with the understanding that in school learning is where children should be.

If you develop symptoms of COVID

Fever or chills, cough, shortness of breath or difficulty breathing, extreme fatigue, muscle/body aches, severe headache/eye pain, loss of taste or smell, sore throat not related to allergies, congestion/runny nose not related to allergies, nausea, vomiting, diarrhea- please test. Remember, fever has to be gone for 24 hours without Tylenol or Ibuprofen, diarrhea has to be gone for 24 hours, and/or no vomiting for 24 hours. If negative, come to school and have good COVID behaviors- try to avoid close contact, wear a mask, good hand hygiene, cover your cough- do this until symptoms are better.

To determine if the symptoms are allergies, take your allergy medication- if symptoms improve- allergies. If symptoms do not improve with your usual medication, test for COVID. COVID symptoms do not improve with allergy medication.

If you test POSITIVE, remain home 5 days from symptom onset. If symptoms are significantly better, return to school with good COVID behaviors: avoid close contact, wear a mask, good hand hygiene, cover your cough- for 4 days. Ultimately, the goal of the school is to keep children healthy and learning. I understand that there are strong feelings about COVID, few of which are positive- but truthfully, I just want the youth in school and learning and teachers/staff able to work, hopefully having fun while it is occurring. By minimizing the risk of spreading illness in a classroom, whatever the illness- we can have a great year!

I receive numerous calls every year from parents who question: is the stomach flu going around, do we have strep in a classroom, are you seeing a lot of kids with fevers, etc. When we were mandated to wear masks and social distance- strep, pink eye, stomach flu- were not spread through a classroom. I understand that wearing a mask is not fantastic, but if you or your child are not feeling well, wearing a mask short term is a wonderful way of keeping them in school while also protecting the classroom.

Thanks for your support and understanding! Let's have a great, HEALTHY year!

Sincerely,

Tracy Johnson RN, LSN