

School City of Whiting
Office of Health Services
Guidelines related to COVID-19

Dear Parents/Guardians,

There will be some changes to our health policies/procedures upon our return to school this fall. These guidelines are based on the recommendations from the CDC and the Indiana State Health Department due to the COVID-19 pandemic. Please review these changes carefully.

Screening

We ask that you **screen your child each morning prior to bringing them to school**. If your child has any of the following symptoms, we ask that you keep your child home from school and contact your healthcare provider for further guidance.

1. Fever of 100 degrees or higher
2. Cough
3. Shortness of breath/difficulty breathing
4. Chest pain
5. Nasal congestion/runny nose
6. Diarrhea
7. Nausea
8. Sore throat
9. Muscle pain
10. Chills
11. New loss of taste or smell

****If your child has difficulty breathing, chest pain, confusion, inability to stay awake, or bluish lips/face call 9-1-1****

If you are calling your child off of school due to COVID symptoms, please inform the office so that we are able to follow up with you about your child's condition. Please read the section below regarding returning to school.

If your child has a condition, such as seasonal allergies, which may cause them to display any of the above symptoms, we ask that you obtain a letter from your physician stating the condition and which symptoms they may display, so that they will not be excluded from school.

Illness at school

If a student displays any of the above symptoms while at school and does not have a letter from the physician stating that they have an underlying health condition causing the symptoms, they will need to be picked up from school immediately.

Please find emergency contacts that are willing and able to come to pick up your child quickly in case of an illness and update this contact list as needed.

Many students come to the nurse's office for injuries or medication and we do not want to expose healthy students to anyone with COVID symptoms.

Medication Policy

In order to limit the amount of students visiting the nurse's office and reduce potential exposures, the health department recommends that any student who takes morning medications take them at home prior to arriving at school.

Treatments such as nebulizers that cause aerosolized particles should also be given at home. The Health Department recommends talking to your physician about the possibility of switching from a nebulizer treatment to a metered dose inhaler with a spacer and mask, if it is required during the school day.

Return To School after an illness

If a student has been kept home or sent home due to COVID symptoms, the following criteria must be met before the student is able to return:

1. They have received a COVID-19 test and are negative but there has been no explanation of the symptoms, students must isolate for 10 days from the first day of symptoms, be fever free for 72 hours without the use of fever reducing medications, and have significant improvement in respiratory symptoms. The test may have been a false negative.
2. They have seen their healthcare provider and have been diagnosed with another illness, have been released in a note by the physician, and have been fever free without the use of fever reducing medications for at least 24 hours.
3. If there has been no COVID-19 test and no physician release, the student must isolate for 10 days from the first day of symptoms, be fever free for 72 hours without the use of fever reducing medications, and have significant improvement in respiratory symptoms.
4. If the student has been tested for COVID-19 and tests positive, the student must isolate for 10 days from the first day of symptoms, be fever free for 72 hours without the use of fever reducing medications, and have significant improvement in respiratory symptoms.
5. If the student has been in close contact (within 6 feet for more than 15 minutes) with someone who has tested positive for COVID-19, the student must quarantine for 14 days

following the contact with the COVID positive person. If the student develops symptoms during this quarantine time, refer to instructions for someone with symptoms above.

You will be notified if your student has been in close contact (within 6 feet for more than 15 minutes) at school with anyone who has tested positive for COVID-19 and your child will be asked to quarantine for 14 days.

If you have any questions about any of these changes please feel free to contact us.

Amy Segura, BSN, RN
219-473-4019

Katie Sabol, ASN, LPN
219-473-4029