

## Re-Opening Plan from the Nursing Office ~

I am so excited to get school started again! 🥳 I have missed all the students.

As we venture into this school year with concerns about the coronavirus, I want to reassure you that I will be doing all I can to protect your child. In order to do this there will be changes from past routines and new guidelines will be followed in school health services for our students and staff. Change is not always easy, but knowing these actions will help protect your child, the other children, and the teachers and staff, we can work together to move forward in this temporary time of uncertainty.

Please do a daily temperature check and health screening on your child before sending your child to school. A [COVID-19 Screening Checklist](#) is provided for your use.

Frequent handwashing is recommended and hand sanitizer will be available. Masks are required 4<sup>th</sup>- 12<sup>th</sup> grade. Younger students - mask use is recommended. Social distancing is encouraged. Students should bring their own bottle for water. Please label the bottle with the name. The bottle will need to go back home to be cleaned. The water fountains will be *bottle fill only* to reduce frequent contact touching. Common contact surfaces will be disinfected frequently.

I will be limiting my school health office to 2 students at a time to maintain social distancing. I have reorganized my office and medication/treatment room. The treatment room will now function as an isolation room. I will care for your child when needed, as always, and I will also be checking temperature and assessing for signs of COVID -19 on all students who come to the nursing office for assistance. I will wear a mask and gloves while interacting with students and will also sanitize my office after each student encounter. Middle school students and high school students that feel ill or are injured and request to see the nurse need to wear a mask before proceeding to the nursing office, as they will walk through more than one campus building. Students coming to the nurse for routine medication/treatments will need to wear a mask as well.

If a student has a fever or any signs of COVID-19, the student will wear a mask and wait in the isolation room until picked up from school. The student will be walked out to their pick-up person. The pick-up person should wait outside the elementary building and will not be allowed to enter, in order to limit the number of people accessing the school.

Teachers and staff will also be assessed for illness as needed.

Please review the guidelines on "[When to Keep Your Sick Child Home from School](#)" and the [CDC guidelines regarding COVID-19 exclusion from school, follow-up, and returning to school](#).

**Please do not send your child to school if your child is sick.**

As

more is learned about this virus, these guidelines and recommendations may change, when deemed appropriate. ~~ Be Safe, Be Well ~~ Nurse Kathy



## **COVID -19 GUIDELINES IN THE SCHOOL SETTING**

### **Exclusion from School** (MSBA/CDC/DESE recommendations)

Students and employees will be excluded from school if they test positive for COVID-19 or exhibit symptoms of COVID-19 based on CDC Guidance. No testing will be done at school. **NEW OR UNUSUAL SYMPTOMS**

- Fever of 100.0 F or greater
- Cough
- Shortness of breath or difficulty breathing
- Chills/repeated shaking
- Nausea, vomiting or diarrhea
- Muscle aches
- Headache
- Sore throat
- New loss of taste or smell
- New runny nose or congestion
- Close contact with a person with COVID-19 in the last 14 days

The student or employee will also be required to follow up with a health care provider and provide documentation to the school.

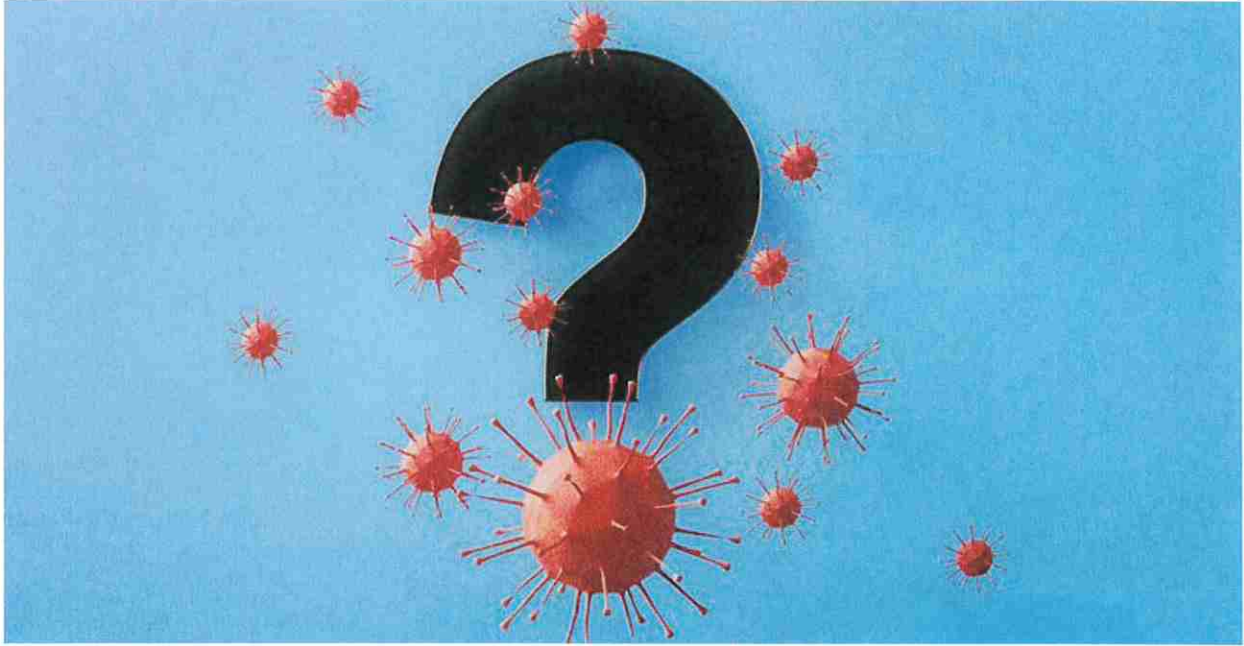
**Return to School After Exclusion** Once a student or employee is excluded from the school environment, they may return if they satisfy the recommendations of the CDC. Currently those guidelines are:

**Quarantine 14 days at home with known direct exposure to + COVID person – if symptoms don't develop during those 14 days may return to school, if symptoms develop see your medical care provider.**

1. **Untested.** Persons who have not received a test proving or disproving the presence of COVID-19 but experience symptoms may return if the following (all) three conditions are met:
  - a. They **have not had a fever for at least 24 hours** (1 full day of no fever without the use of medicine that reduces fevers); and
  - b. Other **symptoms have improved**; and
  - c. At least **10 calendar days have passed since the symptoms first appeared. A medical release from a health care provider.**
2. **Tested.** Persons who experienced symptoms and have been tested for COVID-19 may return to school if the following (all) three conditions are met:
  - a. They **no longer have a fever for at least 24 hours** (without the use of medicine that reduces fevers); and
  - b. Other **symptoms have improved**; and
  - c. They have received (if possible) **two negative tests in a row, at least 24 hours apart... OR 10 days since date of first positive COVID test. A Medical release must be provided.**
3. **Tested with no symptoms.** Persons who have not had symptoms but test positive for COVID-19 may return when they have gone:
  - a. **10 calendar days since the date of their first positive COVID-19 test**
  - b. **had no symptoms of the illness and have been released by a health care provider, with medical documentation.**

**OR** Students/employees may also return if they are approved to do so in writing by the health care provider.

**Siblings in that Household** will be quarantined when a student is excluded from school due to COVID-19 symptoms or positive COVID -19 test.



## **COVID-19 SCREENING CHECKLIST**

**CHECK TEMPERATURE .... IT MUST BE UNDER 100.0 F (above 100.0 stay home)**

**ANY OF THESE SYMPTOMS - ARE THEY NEW/UNUSUAL - seek medical care**

FEVER YES \_\_\_ NO \_\_\_

COUGH YES \_\_\_ NO \_\_\_

SHORTNESS OF BREATH/DIFFICULTY BREATHING YES \_\_\_ NO \_\_\_

CHEST PAIN YES \_\_\_ NO \_\_\_

HEADACHE YES \_\_\_ NO \_\_\_

SORE THROAT YES \_\_\_ NO \_\_\_

UNUSUAL FATIGUE YES \_\_\_ NO \_\_\_

CHILLS/REPEATED SHAKING YES \_\_\_ NO \_\_\_

NEW LOSS OF TASTE OR SMELL YES \_\_\_ NO \_\_\_








NEW RUNNY NOSE OR CONGESTION YES \_\_\_ NO \_\_\_

NAUSEA, VOMITING OR DIARRHEA YES \_\_\_ NO \_\_\_

CLOSE CONTACT WITH A PERSON WITH COVID-19 IN THE LAST 14 DAYS YES \_\_\_ NO \_\_\_



# I NEED TO STAY HOME IF...

I HAVE A FEVER 	I AM VOMITING 	I HAVE DIARRHEA 	I HAVE A RASH 	I HAVE HEAD LICE 	I HAVE AN EYE INFECTION 	I HAVE BEEN IN THE HOSPITAL 
Temperature of 100° F or higher.	Within the past 24 hours.	Within the past 24 hours.	Body rash with itching or fever.	Itchy head, active head lice.	Redness, itching, and/or pus draining from eye.	Hospital stay and/or emergency room visit.

# I am ready to go back to school when I am...

Fever free without the assistance of medication for 24 hours (i.e. Tylenol, Motrin, Advil).	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash, itching or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.
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If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.