

# Unit 7 COVID-19 Return to School Health Plan

Updated 8/14/2020

The purpose of this policy is to outline health guidelines as they pertain to re-opening of Unit 7 schools after the COVID-19 school closures. These guidelines are designed to ensure and promote the safety, health, and welfare of our community, in accordance with Illinois Department of Public Health (IDPH) and Illinois State Board of Education (ISBE) recommendations. Some components of this document may be altered to reflect current data and recommendations as new guidelines are posted.

Students, faculty and staff will be required to stay home if they are sick. If an individual presents to school with the following symptoms, they will be sent home until return to school criteria is met. Per IDPH-ISBE guidelines posted June 4, 2020, all students, staff and visitors will undergo symptom and temperature screening prior to entering the building.

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## Symptoms Requiring Absence

*Students MUST stay home or will be sent home from school*

- a) **COVID-19 like symptoms:** cough, fever, sore throat, shortness of breath, loss of taste and/or smell, fatigue, headache, body aches, congestion, runny nose
  - i) Direct affected staff member or parent/guardian of affected student to call the IDPH COVID-19 hotline at 1-800-889-3931, or the Champaign-Urbana Public Health Department (C-UPHD) hotline at (217) 239-7877 for guidance regarding symptoms to determine if testing for COVID-19 is warranted.
- b) **Exposure to COVID-19**
  - i) Individuals must let the school nurse or an administrator know if they have been in close contact with someone who tested positive for COVID-19.
- c) **Fever/chills/generalized body aches**
  - i) A temperature of 100 degrees or higher.
- d) **Sore Throat** and/or visibly swollen glands.
- e) **Consistent coughing** with or without pain or fever.
- f) **The first 24 hours of antibiotic treatment for contagious illness** (strep throat, pink eye, etc).
- g) **Active vomiting or diarrhea.**

# When to Return

## A. COVID-19 like symptoms

(Per IDPH and Centers for Disease Control (CDC) guidelines).

1. **Untested with COVID-19 symptoms:**
  - a. At least 10 days have passed since symptoms first  
**AND**
  - b. At least 1 day (24 hours) have passed with no fever, **without use of fever reducing medication (ie. Tylenol and Ibuprofen)** and improvement of symptoms.
2. **Tested positive with symptoms:**
  - a. At least 14 days have passed since first symptoms  
**AND**
  - b. At least 1 day (24 hours) have passed with no fever, **without use of fever reducing medications (ie Tylenol and Ibuprofen)**  
**AND**
  - c. No COVID-19 symptoms present  
**AND**
  - d. Doctor's note authorizing it is safe to return to school, or school related activities
3. **Tested positive without symptoms:**
  - a. At least 10 days have passed since the date of first positive test, and no symptoms have developed.  
**AND**
  - b. A doctor's note authorizing student it is safe to return to school, or school related activities.
4. **Tested Negative with symptoms**
  - a. Must have two negative COVID-19 test results in a row, at least 24 hours apart
  - b. Documentation proving negative results is required and must be submitted to the school before student can return
5. **Exposure to COVID-19**
  - a. Exposure definition: being within 6 feet or less of a person (with or without a face covering) for longer than 15 minutes in a day
  - b. 14 days have passed since the date of exposure, with no symptoms developing.
  - c. During that isolation time, if you develop symptoms, you must stay home an additional 14 days from the onset of symptoms
  - d. ***If the exposure was from a member of your household, an additional 14 days have passed since the positive person was released from quarantine.***

## B. Other symptoms/non-COVID-19 illness:

1. At least 24 hours have passed with no fever, without use of fever reducing medications.
2. After 24 hours on antibiotics.
3. After 24 hours since the last episode of vomiting or diarrhea.
4. With the doctor's note of clearance.

## Nonpharmacological Intervention Recommendations for Communicable Disease

1. Stay home when you are sick.
2. Avoid close contact with people who are sick.
3. Cover your cough or sneeze with your elbow or a tissue, then throw the tissue in the trash. Wash your hands with soap and water.
4. Avoid touching your eyes, nose, and mouth.
5. Wash your hands often with soap and water for 20 seconds, and dry them
6. If soap and water are not available, use hand sanitizer.
7. Clean and disinfect frequently touched objects and surfaces using regular household cleaning sprays or wipes (ex: toys, desks, door handles, counters).
8. Ensure all vaccines are up to date.
9. Promote non-contact methods of greeting.
10. Practice physical distancing (stay at least 6 feet away from other people).
11. Wear a mask or face covering when distancing is not possible.

## When to Wear a Mask / Face Covering

1. Per ISBE Return to School guidance, face coverings **must be worn at all times**, by both students and staff, while in the school building
2. When walking into or out of the building with other students (i.e.: before/after school).
3. While riding the bus.
4. In public, anytime it is not possible to stay at least 6 feet away from other people.

# Communicable Disease Monitoring

All students PreK- 8th grade will be given a “COVID-19 self-certification card”. Parents/Guardians must initial this card every morning before sending or bringing their child to school, certifying that their child does NOT have a fever and is symptom free. This applies to **every student**, Pre-K through 8th grade. High school students will be screened and temperature checked daily.

## Visitors to the school buildings and/or student pick up prior to dismissal

1. Limit all non-essential visitors, including volunteers
2. For essential visitors:
  - a. If you have an appointment, please wait in your vehicle until your exact appointment time
  - b. When you arrive, please call the front office and someone will meet you outside
  - c. You will be asked to verify that you are COVID-19 symptom free and fever free
  - d. Your temperature will be taken before you enter the building
  - e. If you are picking up your child before dismissal, please wait in your vehicle and call the front office for further instructions
  - f. Authorized visitors must sign in and wear a mask or face covering while in the building.
  - g. Hand sanitizer will be provided at sign in, and 6ft distance must be maintained between individuals.

### Sources:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

<https://www.isbe.net/Documents/IDPH-ISBE-Summer-Programs-Guidance.pdf>