

Unit 7 COVID-19 Return to School Health Plan

Updated 8/19/2020

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.

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, vomiting, diarrhea or abdominal pain.
 - 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 guidelines, updated 8/19/20).

1. **Untested with COVID-19 symptoms:**

- a. At least 10 days have passed since symptoms first
AND
- b. Fever free for 1 day (24 hours) without the use of medication
AND
- c. Quarantine required for close contacts (ie: household members)

2. **Tested positive WITH symptoms:**

- a. Documentation required to return to school: "Release from isolation" letter from Public Health Department
AND
- b. At least 14 days have passed since first symptoms
AND
- c. Fever-free for 1 day (24 hours) without the use of medication
AND
- d. No COVID-19 symptoms present
AND
- e. Quarantine required for close contacts (ie: household members)

3. **Tested positive without symptoms:**

- a. Documentation required to return to school: "Release from isolation" letter from Public Health Department
AND
- b. At least 10 days have passed since the date of first positive test, and no symptoms have developed.
AND
- c. No new symptoms
AND
- d. Quarantine required for close contacts (ie. household members)

4. **Tested Negative with symptoms**

- a. Documentation required to return to school:
 - 1. Doctor's note stating alternative diagnosis
 - OR -
 - 2. Proof of a negative test result

AND

- b. No COVID-19 symptoms present

AND

- c. Fever free for 1 day (24 hours) without the use of medication

5. **Exposure to COVID-19** (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)

- a. Documentation required to return to school: "Release from quarantine letter" from Public Health Department
- AND**
- b. Stay home and quarantine for 14 days after know exposure
- AND**
- c. During that quarantine time, if you develop symptoms, you must stay home an additional 14 days from the onset of symptoms
- AND**

- d. If living with someone who tests positive stay 14 days AFTER the person who tested positive meets the criteria to end at home isolation

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:

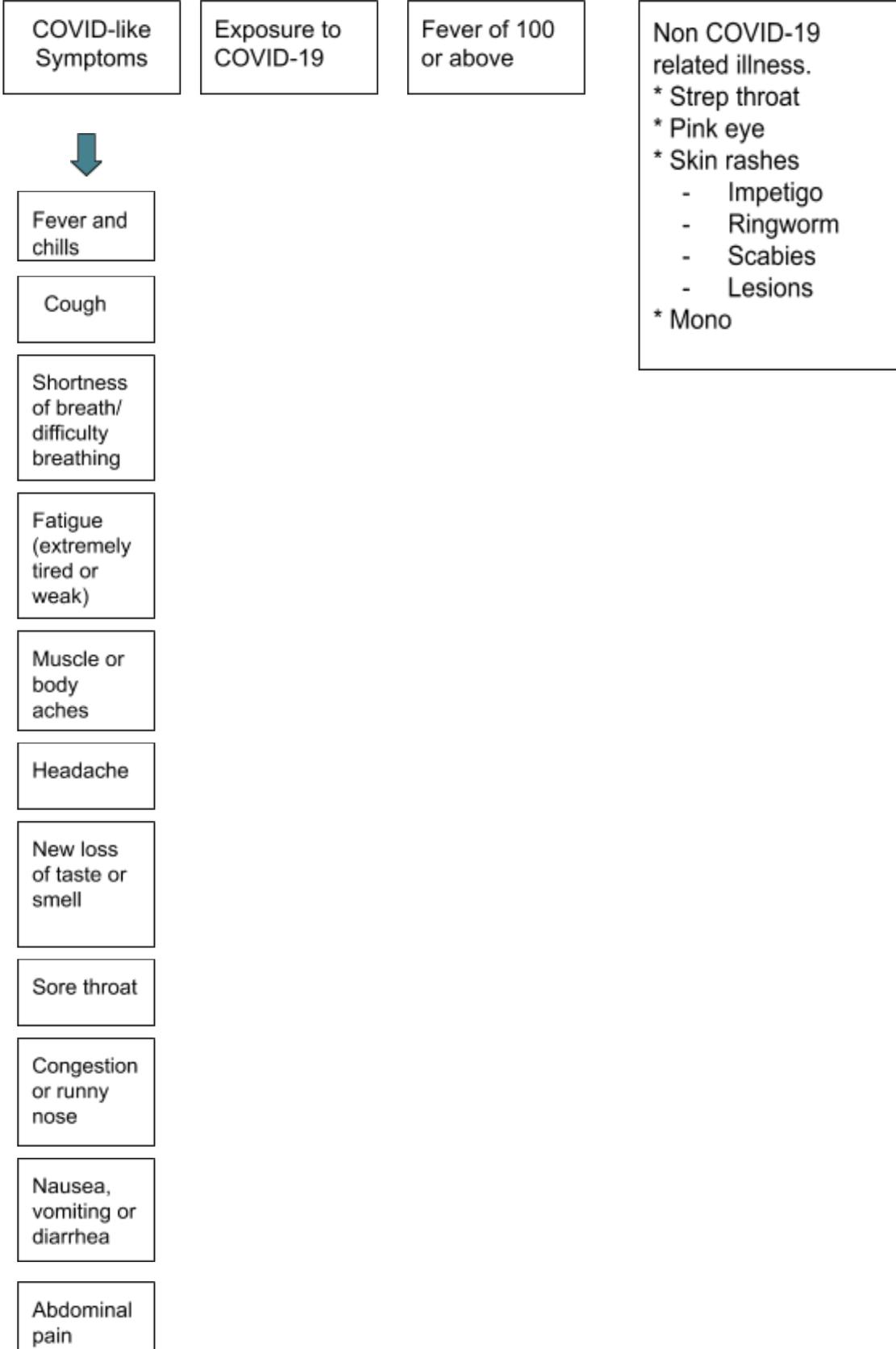
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

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

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

Child MUST stay home and/or will be sent home from school for any of the following symptoms

**Updated 8/19/2020
(per IDPH)**



All children with **ANY** of the following symptoms of COVID-19 cannot come to school and will be sent home from school: Fever, headache, shortness of breath, cough, sore throat, vomiting, diarrhea, abdominal pain, congestion, runny nose, new loss of sense of taste or smell, nausea, fatigue, muscle or body aches. **Medical Evaluation and testing are Strongly Recommended for all persons with COVID-like symptoms.**

Status	Person with a POSITIVE COVID-19 test result (or diagnosis of probable case)	Person with symptoms, but NEGATIVE COVID-19 test results	Person with COVID-19 symptoms, with an alternative diagnosis from a doctor	Person with COVID-19 symptoms, who does not go to see their doctor or get a COVID-19 test	Person without symptoms who is a close contact to a positive or probable COVID-19 case
Evaluated by Doctor?	YES	YES or NO	YES	NO	N/A
Return to school:	* <u>Stay home</u> at least 10 days from first symptom AND * 24 hours fever-free (without using fever-reducing medication) AND *No current COVID-19 symptoms	* <u>Stay home</u> until COVID-19 symptoms are gone AND * 24 hours fever-free (without using fever-reducing medication) * If you saw a doctor, follow his/her instructions for treatment/care	* <u>Stay home</u> until COVID-19 symptoms are gone * Follow doctor's instructions for treatment and care * Follow Unit 7 Health guidelines for the diagnosis	* <u>Stay home</u> at least 10 days from first symptom AND * 24 hours fever-free (without using fever-reducing medication) AND *No current COVID-19 symptoms	* <u>Stay home</u> 14 days after last exposure to positive COVID-19 person * If COVID-19 symptoms start, then isolate for 10 days after first symptom (testing is recommended)
Quarantine for close contacts?	YES	NO	NO	Household members (e.g. siblings, parents)	N/A
Documents needed to return to school	"Release from Isolation" letter from Public Health Dept.	Negative COVID-19 test results or a doctor's signed note stating negative result	Doctor's signed note with alternative diagnosis	Note from parent/guardian stating that the ill student and/or household contacts do not currently have COVID-19 symptoms and have been fever-free for 24 hours without using fever-reducing medication	"Release from Quarantine" letter from Public Health Dept

If a student is sent home because of ANY single COVID-19 symptom, all siblings and household members of that student will also be sent home until there is a negative result and/or a doctor's note with an alternative diagnosis.