



Hello families!

We have been working hard planning for the safe return of our students and are eager to see their smiling faces back in our building again! This is the first in a series of nursing newsletters to educate families on key health protocols adopted by the district to keep staff and students safe. Our hope is to provide families with vital information to prepare students before they begin to enter school and district facilities. For questions and updates regarding student's return to school, please check: <https://www.bend.k12.or.us/district/home/return-school>

As we transition between each phase of re-opening, **please keep in mind that your school nurse is here to help you navigate the new guidelines around illness and when to keep your child home.**

We know that the guidelines can be confusing! Should your student become ill, we will partner with you to determine when your child should stay home **and** when they may return. Please keep your child home when they are ill, even if it seems mild.

In addition to our regular exclusion guidelines, check in with your child daily for the following signs of illness:

<ul style="list-style-type: none"><li>• Cough</li><li>• Fever 100.4 or greater</li><li>• Difficulty breathing</li><li>• New loss of taste or smell</li><li>• Chills</li></ul>	<ul style="list-style-type: none"><li>• Sore throat</li><li>• Nasal congestion or runny nose</li><li>• Headache</li><li>• Nausea, vomiting</li><li>• Diarrhea</li><li>• Muscle aches/pains</li><li>• Fatigue</li></ul>
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If any of the above symptoms are present, please keep your child at home and call the attendance line at to report the student out sick. Including the student's symptoms when you contact the school is helpful.

*If your child is receiving on-site instruction or participating in activities in the school building **any day of the week**, it is important for you to **notify the school when your child is ill even on virtual learning days.***

To help students understand what school will look like when they return to the building, we've put together a short video. The video can be viewed from the link below.

Elementary School Video: <https://video.link/w/jepvb>

Middle and High School Video: <https://video.link/w/pYovb>

For more detailed information on Covid-19 exclusion guidelines, please refer to page 3 of the Communications Guidance:

[https://www.bend.k12.or.us/application/files/7316/0252/8457/Covid19Communications\\_booklet\\_PROOF.pdf](https://www.bend.k12.or.us/application/files/7316/0252/8457/Covid19Communications_booklet_PROOF.pdf)

Together, we can help keep our students healthy and schools on track to reopen!

Nurse  
Phone Number:  
Email:

Attendance Email:  
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