



## NURSE NEWSLETTER: **Important Information for Parents**

With the goal of re-opening schools for in-person instruction, our priority is to educate parents regarding the COVID-19 safety protocols adopted by our school district. Cooperation and communication between parents and district nurses are needed to maintain the well-being of staff and students.

To limit the spread of COVID-19 within the school setting and protect your student and others:

- Wear a face covering over the nose and mouth.
- Stay 6 feet away from others.
- Wash hands or use hand sanitizer often.
- Parents should monitor student's daily health and keep them home for any of the scenarios listed below.

<b>WHEN TO KEEP YOUR STUDENT HOME: GUIDANCE FOR PARENTS</b>			
<b>Your student tests positive for COVID-19.</b>	<b>Your student had close contact with someone who tested positive for COVID-19.</b>	<b>Your student has 1 high-risk symptom and/or 2 or more low risk symptoms with no known exposure to COVID-19 in the past 14 days.</b>	<b>Your student has 1 low risk symptom with no known exposure to COVID-19 in the past 14 days.</b>
<ul style="list-style-type: none"> <li>• Notify your school's nurse</li> <li>• If symptom free, your student may return to school 10 days after the date of the positive rapid or PCR test.</li> <li>• If symptomatic, your student may return to school 10 days from symptom onset if your student is fever free for 24 hours without the use of fever reducing medicine and other symptoms are improving or resolved.</li> <li>• A negative COVID-19 test is not needed for return to school</li> </ul>	<ul style="list-style-type: none"> <li>• Notify your school's nurse</li> <li>• If symptom free, your student may return to school 10 days after the date of last exposure to the COVID-19 positive case.</li> <li>• If symptomatic, your student may return to school 10 days from symptom onset if fever free for 24 hours without the use of fever reducing medicine and other symptoms improving or resolved.</li> <li>• If the COVID-19 positive case is in the household and other household members become ill with COVID-19, and your student is unable to avoid continued close contact, the length of quarantine may be greater than 10 days. Please contact your school nurse to determine when it is safe for your student to return to school.</li> </ul>	<ul style="list-style-type: none"> <li>• High risk symptoms:               <ul style="list-style-type: none"> <li>▪ Cough</li> <li>▪ Difficulty breathing,</li> <li>▪ Loss of taste or smell</li> <li>▪ Fever <math>\geq 100.4^{\circ}</math></li> <li>▪ Chills</li> </ul> </li> <li>• Low risk symptoms:               <ul style="list-style-type: none"> <li>▪ Congestion/Runny Nose</li> <li>▪ Sore Throat</li> <li>▪ Headache</li> <li>▪ Muscle aches/pains</li> <li>▪ Fatigue</li> <li>▪ Nausea/Vomiting</li> <li>▪ Diarrhea</li> </ul> </li> <li>• Notify your student's attendance office about reason for absence.</li> <li>• Your student may return to school 10 days from symptom onset if fever free for 24 hours without the use of fever reducing medicine and other symptoms improving or resolved.</li> <li>• Or your student may return to school earlier than the 10-day isolation period with a negative COVID-19 test and a Return to School form signed by a healthcare provider.</li> </ul>	<ul style="list-style-type: none"> <li>• Low risk symptoms:               <ul style="list-style-type: none"> <li>▪ Congestion/Runny Nose</li> <li>▪ Sore Throat</li> <li>▪ Headache</li> <li>▪ Muscle aches/pains</li> <li>▪ Fatigue</li> <li>▪ Nausea/Vomiting</li> <li>▪ Diarrhea</li> </ul> </li> <li>• Notify your student's attendance office about reason for absence.</li> <li>• Your student may return to school when symptom free for 24 hours.</li> <li>• Exception for vomiting and diarrhea, student may return to school when symptom free for 48 hours.</li> </ul>

Attendance Office Phone:  
Email:

Nurse:  
Email:  
Phone Number: