

# COVID-19 SICK DAY PROTOCOLS (Update Aug. 19, 2020)

## SYMPTOMS REQUIRING ABSENCE FROM SCHOOL OR SCHOOL SPONSORED EVENTS

- Fever (100) or above
- Acute Respiratory symptoms excessive cough, congestion, runny nose, sore throat, shortness of breath)
- Gastrointestinal symptoms (diarrhea, nausea or vomiting)
- New unexplained loss of taste or smell
- Fatigue, muscle or body aches, chills (sometimes with shaking), headache
- Tested positive for COVID-19 or a family member in the same household tested positive for COVID-19.
- The first 24 hours of various antibiotic treatments (i.e. strep throat, pink eye, etc.)

Since children may exhibit very mild to no symptoms with COVID-19, we are asking families to be cautious with the above symptoms and to keep your child (and all siblings) at home until any and all symptoms subside naturally without the aid of medication. Or, return to school will be given if clearance from physician has been obtained while still completing medication (strep throat, pink eye, etc.).

We understand that some students exhibit seasonal allergies and that they have some symptoms similar to COVID-19. We do not want any student to miss school due to seasonal allergies, but we do ask for documentation of seasonal allergies from your physician. This documentation should accompany your child to school if they are suffering allergy symptoms. If the allergy symptoms are not verified by a physician, please wait until symptom free before returning to school.

## COVID-LIKE SYMPTOMS WITHOUT A POSITIVE TEST

- To include but not limited to: excessive cough, congestion, runny nose, sore throat, shortness of breath.
- If a student experiences COVID-like symptoms, the student may not return to school until all symptoms subside without the aid of medication, or documentation has been given from physician for clearance to return to school.
- At least 24 hours have subsided since last fever without the use of fever-reducing medications

## WITHOUT SYMPTOMS WITH A POSITIVE TEST

- If a student tests positive without symptoms, they must stay home in isolation for 10 days. They may not return to school until the mandatory 10 days isolation period has elapsed. Any student who tested positive with no symptoms may return 10 days after the day of testing with a required doctor's release.

## IF STUDENT, PARENT, OR SOMEONE ELSE IN THE HOUSEHOLD OF A STUDENT TESTS POSITIVE FOR COVID-19 OR SHOWS SYMPTOMS AND IS IN THE PROCESS OF BEING TESTED

- Student(s) should quarantine for 14 days. The student(s) may return after 14 days unless they become symptomatic with COVID-19 symptoms. Please see the above requirements in the WITHOUT SYMPTOMS WITH A POSITIVE TEST criteria. If the household member tests negative, the student(s) is eligible to return to school.
- Quarantine is not mandatory for students whose parents or family members are tested on a regular basis because of their jobs unless that family member exhibits symptoms or receives a positive test.

## PER THE CDC

It is essential for schools to reinforce to students, parents or caregivers, and staff the importance of students staying home when sick until at least 24 hours after they no longer have a fever (temperature of 100 or higher) or signs of a fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine (e.g., Tylenol). Policies that encourage and support staying home when sick will help prevent the transmission of SARS-CoV-2 (and other illnesses including flu) and help keep schools open.

Symptom screening at home can be helpful to determine if a student:

1. Currently has an infectious illness that could impair their ability to learn, or
2. Is at risk of transmitting an infectious illness to other students or to school staff.

Students who miss school due to sickness and/or for quarantine:

- Student(s) well enough to complete assignments and have at least one contact with the classroom teacher per day, will be marked as DL for Distance Learning.

- Student(s) not well enough to complete assignments, and have no contact with classroom teacher per day, will be marked as AE for Absent Excused.

Please note:

For the health and safety of all students and staff at Highland Elementary, and since COVID-19 symptoms mimic that of allergies, colds, etc., we are asking for your help and understanding of the following:

1. Sibling(s) of the sick student need to stay home as well until we have a note from your primary care physician as to the illness.
2. If a doctor visit was not made, please allow all siblings to be symptom free before returning to school.

The teachers will work with your child to assist with assignments and will be available by phone call or zoom for help needed after school.

We know that this may cause an inconvenience at times, but our students' safety is our top priority. Our plans will likely need to be changed as COVID-19 continues to evolve. Thank you for your understanding and patience as we continue to navigate through COVID-19, and to keep moving forward with our mission to accept, transform, and serve.

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