

STUDENT - Covid-19 Sick/Exposure/Travel Guideline

It is important to maintain privacy and prevent discrimination for those who may have COVID-19, while ensuring wellness for other staff and students. For known illness or exposure, names will not be provided to parents and staff, per HIPAA, to ensure the privacy of each staff member, student, and their family members.

Prior to coming to school EACH DAY, parents are required to do a symptoms check on each of their children (see below for symptoms) and keep their child(ren) at home if sick or have signs or symptoms of COVID-19 even without documentation from a health care provider.

Staff and students must stay at home if they are sick, especially if they have COVID-19 symptoms (see below), have tested positive for COVID-19, have been exposed to someone who has COVID-19, and/or has traveled out of Connecticut, including hosting a visitor from out of state (per current guidelines from CDC and State of Connecticut).

Parents must report symptoms via an online survey form. These forms will be maintained by the nurse administrator/school nurse and kept as a confidential medical record. Once the form is received, the school nurse may call you to obtain further details and answer any questions you may have. This information will be reported to the nurse administrator who may also report to the superintendent as well as the local health officials as deemed necessary.

Students who have severe underlying medical conditions such as (but not limited to) heart, lung disease (severe asthma), diabetes, and/ or are weak immune systems may be at higher risk for developing more serious complications from COVID-19. Please notify your school nurse if your child falls into the high risk category and/or if you have any concerns/questions. Please call your child's healthcare provider if you are worried about your child's health or if your child has symptoms of COVID-19

Do NOT send your child to school sick. It is a disruption to both your child and the children in the classroom. If your child shows any signs and symptoms of COVID-19, while at school, **your child will be required to be picked up immediately.** This includes cough, runny nose, sore throat, headache, fever (100.0F or higher), chills, fatigue, shortness of breath, muscle or body aches, nausea, vomiting and/or diarrhea. **Please be sure to update your daytime contact information along with TWO emergency contacts (who would be able to pick up your child if we are unable to get a hold of you).**

The superintendent and nurse administrator will be working closely with the local health officials to follow both the state and CDC guidelines for class/school/district closures and return to school protocols for sick students/staff as well as have a plan in place for notifying staff and families. Students who are sick at home can participate in distant learning.

SYMPTOMS of COVID-19

Symptoms range from mild to severe. Many have no symptoms at all (called asymptomatic). Symptoms may appear 2-14 days after exposure to the virus.

People with the following symptoms may have COVID-19:

- Fever (100.0F or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Check here for the most [UTD Symptom List from the CDC](#).

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

The following symptoms may require emergency medical attention:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake

Bluish or white lips, face, fingers, or toes

Severe stomach pain

High fever

*call your child's healthcare provider for any other symptoms that are severe or concerning you.

MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN (MIS-C)

A new rare condition similar to Kawasaki disease and toxic shock syndrome may affect children who had COVID-19 but later recovered. Children who are suspected of having signs and symptoms of MIS-C should be seen by a healthcare provider. Children who exhibit any serious signs and symptoms of illness need to be taken to the emergency room.

For more information regarding MIS-C, please see the health advisory from the CDC: [**MIS-C Associated with COVID-19 Health Advisory**](#);

COMMON SYMPTOMS OF MIS-C:

High fever, 100.4F or greater lasting several days

Combined with:

Abdominal pain

Pink or red eyes

Enlarged lymph nodes on one side of neck

Cracked lips

Red tongue

Blotchy rash

Swollen hands and feet

Blood pressure/heart rate out of range

Cardiac inflammation

As MIS-C is a rare condition, if you suspect your child has MIS-C, please contact your child's health provider immediately.

RETURNING TO SCHOOL (Current public guidelines will be followed)

IF DIAGNOSED WITH OR THINK YOUR CHILD HAS COVID-19

If your child has a fever (100.0F degrees or higher), cough, shortness of breath or other symptoms (see above), or if you think your child has COVID-19, contact your healthcare provider.

Keep track of your child's symptoms

Seek immediate emergency medical attention for any other the above warning signs.

STAY HOME except to get medical care. Do not send your child to school, do not visit public areas, avoid public transportation, and stay in touch with your child's healthcare provider.

*COMPLETE THE ONLINE SURVEY:

[Student Symptom Survey - COVID-19](#)

EXPOSURE TO COVID-19 (INCLUDING TRAVEL)

Exposure:

Your child/family member(s) have been exposed to or have been around a person with COVID-19

Travel:

Your child/family member(s) have traveled out of the country or to a state that falls into the "red" (refer to [Regional Travel Advisory](#) for up-to-date list).

- a. For more information: [Travel-In-or-Out-of-CT Information](#).
- b. *Note, this also applies to staff who are hosting visitors that live in an identified state.

If you think you or your child have been exposed to or have been around a person with COVID-19, and/or have traveled out of the country or to a state that falls into the "red", then your child must STAY HOME. You/your child must self-quarantine for 14 days from the time of last contact. Do not send your child to school, do not visit public areas, avoid public transportation, and stay in touch with your healthcare provider.

*COMPLETE THE ONLINE SURVEY:

[Student Symptom Survey - COVID-19](#)

****RETURNING TO SCHOOL****

Please follow the returning to school guideline that applies specifically to your child. Note, your child will need to be cleared by the school nurse prior to s/he returning to school.

“MY CHILD TESTED POSITIVE FOR COVID-19, OR I THINK S/HE HAS COVID-19 AND HAS SYMPTOMS”

Your child may return to school:

1. After it has been 10 days since symptoms first appeared,
2. **AND** have an improvement in all symptoms,
3. **AND** 1 day (24 hours) with no fever (WITHOUT fever-reducing medication),
4. **AND** have clearance by the school nurse.

NOTE: If your child has symptoms of COVID-19, has an appointment with their medical provider, and tests negative for COVID-19, they may return prior to the 10 days as long as they meet criteria 2-4. Proof of negative test or note from provider stating such must be provided to the nurse prior to or upon entry back to school.

“MY CHILD HAS BEEN EXPOSED TO OR HAS BEEN AROUND A PERSON WITH COVID-19, AND/OR HAS TRAVELED OUT OF THE COUNTRY/STATE”

You child may return to school:

1. After 14 days from date of last exposure
2. **AND** s/he is symptom-free.
3. **AND** has been cleared by the school nurse.

NOTE: If your child develops symptoms up to or on the 14th day, or tests positive, you must follow the above guideline, “MY CHILD TESTED POSITIVE FOR COVID-19, OR I THINK S/HE HAS COVID-19 AND HAS SYMPTOMS”. Please notify your healthcare provider as well as your child’s school nurse.