

Spirit Lake Schools COVID Health Bulletin

Illness Protocol - Making this school year successful will take all of us working together!

1. Parents need to screen your children every morning before school.
 - a. If your child has any signs of illness **KEEP THEM HOME**.
 - b. If a student does not have any high risk symptoms or more than one of the low risk symptoms, he/she is allowed to return to school one full school day after being fever free for 24 hours (without fever reducing medicine) and symptoms are improving.

High Risk Symptoms	Low Risk Symptoms
New Cough, Shortness of Breath, Difficulty Breathing, New Loss of Taste or Smell	Fever* (temperature above 99.9°), Headache, Muscle/Body Aches, Fatigue, Sore Throat, Runny Nose, Congestion, Nausea/Vomiting/Diarrhea

*Students will be sent home with **ANY** temperature above 99.9°, as this has been and remains our school district policy. Without other symptoms, a fever alone does not require the student to follow COVID procedures.

2. If they have one of the high risk symptoms or more than one of the low risk symptoms **KEEP THEM HOME AND** contact their Health Care Provider.
 - a. If they have high risk symptoms or more than one low risk symptom, and you have seen your health care provider, see chart below for return to school guidance based on diagnosis.

Negative COVID-19 Test	Alternative Diagnosis	Positive COVID-19 Test
Return to school after fever free - below 100° - for 24 hours (without fever reducing medication) and symptoms improving	Return to school after fever free - below 100 ° - for 24 hours (without fever reducing medication) and symptoms improving	Return to school after fever free - below 100° - 24 hours (without fever reducing medication) and symptoms improve, and 10 days since symptoms started.

3. If your child is not evaluated by a healthcare professional, they may return to school when they no longer have any of the high risk symptoms or more than one of the low risk symptoms, fever is below 100 degrees for 24 hours (without fever reducing medicine) plus one additional school day.
4. Per CDC recommendations we will not give nebulizer treatments at school. Please contact your healthcare provider to discuss other options.
5. In an effort to reduce traffic in our offices we ask that prescription medication be given at home when possible. You could also discuss extended release options.
6. If your child develops COVID symptoms as listed in the chart above, a medical mask will be applied and worn while they wait to be picked up.
 - a. Please keep all contacts current and have a contact listed that will be able to pick up your child within 30 minutes.
 - i. You may need to have a discussion with your employer about calls from the school regarding your child.
7. No outside food to be shared is allowed. This includes birthday treats.

Any child, grades K-8, who has been absent due to illness must check in with the building office upon return.

Direct Exposure Protocol (staff and students)

- Students/staff awaiting COVID test results must remain at home.
- The district will work with our local public health department to contact trace on positive COVID cases.
- Only staff and parents of the students “directly exposed” (under 6 feet for more than 15 minutes) will be notified.
- Students/staff directly exposed must quarantine according to the Iowa Department of Public Health guidelines below.
- IDPH recommends all household contacts of a positive COVID-19 case quarantine.

<u>STUDENTS</u>	<u>STAFF</u>	<u>PREVIOUSLY POSITIVE</u>
<ul style="list-style-type: none">• If no symptoms develop, students can return to school 10* days from their last contact with the case.• If symptoms develop, students should be evaluated by a health care provider.• If a student then tests positive, they should isolate for 10 days.• If a student tests negative, they must complete their 10 day quarantine before returning to school.	<ul style="list-style-type: none">• Staff may be considered critical personnel and can return to work if there is a staffing shortage, as long as they are asymptomatic.• Staff should take their temperature and screen for symptoms at the start and end of each day, and wear a mask at work.• If symptoms develop, they must isolate immediately.	<ul style="list-style-type: none">• Those who have previously been diagnosed positive within the past 12 weeks, and were exposed to a COVID-19 case, do not need to quarantine. <p style="text-align: right;">*Updated 3/2021</p>

Masks/Face Coverings

Masks/Face Coverings will be required: On all school buses, transitioning outside of classroom, and when social distancing is not possible and directed by staff

Mask/Face Covering Guidelines

- Mask/Face coverings need to fit snug without large gaps.
- Mask/Face coverings need to cover both the nose and mouth.
- Gators and homemade masks are allowed. Multiple layers are recommended.
- Mask/face coverings need to be changed during the school day if they become wet or soiled. (Students will need more than one at school each day)
- Cloth masks need to be washed daily.
- Masks with valves should be avoided.
- Face shields without a mask/face covering are allowed **ONLY** with your healthcare provider’s approval (slips can be submitted to the office).
- Masks/face coverings should be labeled with your student’s name or initials.

Mask/Face Covering Care

- Students may wear a break away lanyard for holding the mask when it is not being worn.
- Students may bring a labeled case to store their mask when not in use - (earbud case).

- If no lanyard or case is available students will be directed to store on a clean paper towel.