

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.

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

Direct Exposure Protocol (staff and students)

- Students/staff awaiting COVID test results due to exposure or symptoms must remain at home.
- The district will contact trace on positive COVID cases.
- Parents should report positive test results, household exposure or social exposure to the school.
- Staff and parents of the students “directly exposed” (under 6 feet for more than 15 minutes) will be notified.
- Close contact alone does not require quarantine if no symptoms are present or develop.
- Close contact will require symptom monitoring.
- Development of symptoms will require quarantine.
- The district reserves the right, given prolonged direct contact, to quarantine students or require other safety measures in given situations.

<u>STUDENTS</u>	<u>STAFF</u>	<u>PREVIOUSLY POSITIVE</u>
<ul style="list-style-type: none"> ● If no symptoms develop, students may attend school. ● If symptoms develop, students should be evaluated by a health care provider and stay home. ● If a student then tests positive, they should isolate for 10 days from symptom onset. ● If a student tests negative, they must complete their quarantine, per district guidance. ● Fully vaccinated individuals are exempt from quarantine, as long as no symptoms develop. 	<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. ● Fully vaccinated individuals are exempt from quarantine, as long as no symptoms develop. 	<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 4/2021</p>

Masks/Face Coverings

Masks/Face Coverings will be required when social distancing is not possible.

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.
- Masks/face coverings should be labeled with your student’s name or initials.
- Students may wear a break away lanyard for holding the mask when it is not being worn.