

Spirit Lake Schools Health Bulletin

August 2021

***Updated 9/9/21**

Illness Protocol

- If students have any signs of illness, **PLEASE KEEP THEM HOME!**

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 or Congestion, Nausea or Vomiting, Diarrhea

- Students/staff will be sent home with **ANY** temperature above 99.9°, as this has been and remains our school district policy. Students may return when they have been fever free (without pain reducing medication for 24 hours).
- If students/staff have symptoms associated with COVID or its variants, **PLEASE STAY HOME** and consider following up with your Healthcare Provider and/or testing. If you opt to test, please note that only tests utilizing PCR testing are acceptable (test at the clinic - rapid Binex or full PCR - or a home test received from Public Health).
 - Below are the return to school guidelines. This will be a fluid situation, as it was last year. Please be flexible and patient. We will update upon any changing information, if necessary.

No Medical Diagnosis or Testing	Negative COVID-19 Test	Alternative Diagnosis	Positive COVID-19 Test
High risk symptoms or more than one low risk symptom are reduced, fever is below 100 degrees for 24 hours (without fever reducing medication) <u>plus one additional school day!</u>	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), symptoms improving, AND 10 days since symptoms onset.

Direct Exposure Protocol (staff and students)

- Students/staff awaiting COVID test results due to symptoms must remain at home.
- Parents/staff must report positive COVID test results of students and staff to Katy Stokke (kstokke@spiritlakecsd.org) or 712-336-2822, ext 4380, or Angela Olsen (aolsen@spiritlakecsd.org or 712-336-3707, ext. 1890 or 712-330-5041).
- Staff, students and parents of the students “directly exposed” to a positive COVID case (under 3 feet for extended period) will be notified in all grades PK - 12.
- Parents/Guardians of students in grades PK - 6 will be notified of a positive case within your child’s homeroom.
- Close contact alone does not require quarantine.
- Parents/students of close contact/direct exposure will be asked to symptom monitor.
- Development of symptoms after close contact with a positive COVID case will require staying home (quarantine) for 10 days, an alternate diagnosis or a negative test, **per the chart above**, even if fully vaccinated.
- 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.● Fully vaccinated individuals are exempt from any quarantine, as long as no symptoms develop.● If symptoms develop, students should stay home and consider evaluation by a healthcare provider and/or testing.● If a student tests positive after exposure, they need to isolate 10 days from symptom onset.	<ul style="list-style-type: none">● If symptoms develop, they should stay home and consider evaluation by a healthcare provider and/or testing.● Following exposure and upon symptom onset, isolation should begin 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.

Masks/Face Coverings

In alignment with Governor Reynolds and House File 847, masks/face coverings are not required. Students/staff may wear a mask if they personally choose.