

FAMILY HANDBOOK ADDENDUM

2020-2021

COVID-19 INFORMATION

COVID-19 Symptoms: Taken directly from the CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever 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

*This list does not include all possible symptoms, per the CDC.

Transmission: COVID-19 is believed to spread mainly from person-to-person between people who are in close contact (within about 6 feet) with one another and through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes, but this is not thought to be the main way the virus spreads.

Wellness Checks BEFORE coming to school must include these 6 things:

1. Temperature check-Stay home if oral temperature is above 100.0 F) **DO NOT give your child fever reducing medications for a fever, even if in the 99.0F range, before school. It is imperative that we know if a child has a fever.**
2. Symptom check: **Symptoms of COVID-19 are similar to symptoms of many common illnesses. Please use your best discretion when sending your child to school with mild illness symptoms. Do not send your child to school with the following:**
 - Fever or chills
 - New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
 - Diarrhea, vomiting, or abdominal pain
 - New onset severe headache, especially with fever
 - Redness with discharge of the eyes
 - Sore throat with difficulty swallowing or sore, tender glands in neck
 - Your child does not look well
 - Symptoms and or complaints that are unusual for your child.

3. Close contact/potential exposure check-Stay home, inform school nurse and consult your doctor before coming to school if:
 - Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person confirmed COVID-19, even if masks were worn.
 - Traveled to or lived in an area where the local or state health department is reporting large numbers of COVID-19:
<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/covid-19-travel-advisory/covid-19-travel-advisory>
4. Children should wash their hands before leaving for school.
5. Children should be wearing a clean mask and have an extra mask(s) in their backpack inside a small bag. They will use this to take dirty masks home in if they need to change their mask while at school.
6. Children should eat breakfast before coming to school to avoid headaches and stomachaches that prompt unnecessary visits to the school nurse.

Communication regarding COVID-19 illness:

- Parents will inform the school nurse when:
 - Their student has been exposed to, diagnosed with, or is exhibiting symptoms of COVID 19.
 - Someone in their household or recent contact has been diagnosed with COVID-19 or has symptoms suspicious of COVID-19.
- Parents will work with the school nurse and state health department authorities regarding when the child can return to school.

RETURNING TO SCHOOL AFTER COVID-19 ILLNESS: Will be determined via collaboration with current local health department guidelines. Current guidelines below are directly from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

I think or I know I had COVID-19 and I had symptoms: You can be around others:

- After 24 hours with no fever without fever reducing medications AND
- Symptoms have improved AND
- 10 days since symptoms first appeared (20 days for immunocompromised individuals)

I tested positive for COVID-19 but had no symptoms: You can be with others:

- If you continue to have no symptoms AND
- 10 days have passed since test

For anyone who has been around a person with COVID-19: You can be with others:

- After staying home for 14 days after last exposure to that person.

I had symptoms of COVID-19 but was given an alternate diagnosis by my doctor: Return to school when appropriate per written recommendation by your doctor.

Illness Prevention: Please model these hygiene practices with your children at home so they are prepared to practice them at school. Praise them for good habits!

- Handwashing
 - Sing “Twinkle Twinkle Little Star” or “Happy Birthday” twice which is approximately 20 seconds
 - Rub vigorously with soap and water to form suds getting all surfaces of the hands and fingers
 - Dry hands with paper towel and turn faucet off with towel, place towel in garbage can.
- Don’t touch your face (The T Zone-eyes/nose/mouth). If you must, use a tissue to wipe eyes or nose and then wash your hands or use hand sanitizer.
- Respiratory etiquette
 - Cover coughs and sneezes with tissue or elbow. If you cough or sneeze into your mask, put a new mask on and wash your hands. Put soiled mask in a bag in your backpack.

Masks:

- Please make sure your child’s masks are comfortable on them.
- Students should have at least one(or more) clean, extra masks in their backpack in a zip lock bag. Students WILL be wearing masks to recess.
- Masks should be washed before re-used.
- Masks should be handled by the ear loops or straps, not the face covering.
- Students will be given opportunities to remove their mask for short periods of time during the day while maintaining social distancing.
- Students may still bring water bottles to school but will need to practice handling their masks by the ear loops or straps when removing and replacing their masks.

Hand sanitizer:

- Hand sanitizer will be in every classroom.
- Students may bring their own but it must be basic fragrance, not extra fragranced like Bath and Body Works or other highly scented products as these can trigger symptoms in highly allergic or asthmatic people. These will be confiscated if found.

Staying healthy with a strong immune system: These tips will help strengthen immune systems and help your body fight off germs.

- A healthy diet with plenty fruits and vegetables
- Eating breakfast each day that includes a protein and carbohydrate source
- Adequate water intake
- Adequate sleep
- Physical exercise with a goal of 60 minutes per day.
- Stress relieving activities

The School Nurse Office: The school nurse office will have a separate room for students with fever and/or possible COVID symptoms and or other contagious illness to wait until sent home.