

Parent resource for daily at home health screening with students

Parents: Please complete this short check each morning with your student and report your student's development symptoms to your school nurse. Your student's information will be protected in accordance with FERPA and HIPAA.

SECTION 1: Symptoms

People with COVID-19 have a wide range of symptoms reported-ranging from mild symptoms to severe illness. If your student has any of the following symptoms please keep them home and contact your primary care provider for further guidance.

Please check your child for these symptoms daily:

1. Temperature of 100.4 degrees Fahrenheit or higher;
2. Cough, (for students with chronic allergic/asthmatic cough then a change in their cough from baseline);
3. Shortness of breath or chest pain
4. Sore throat
5. Heavy congestion or runny nose
6. Severe nausea, vomiting, diarrhea
7. New onset of severe headache, especially with a fever.

SECTION 2: Close Contact/Potential Exposure

Has your student had close contact (close contact: within 6 feet of an infected person for a cumulative 15 minutes or more over a 24 hour time period, with or without a mask) with a COVID-19 positive individual. Close contact may also include being sneezed on, coughed on, hugged, or kissed by someone with COVID-19, sharing eating utensils, and sharing sports equipment, etc.

OR

Had close contact (close contact: within 6 feet of an infected person for a cumulative 15 minutes or more over a 24 hour time period, with or without a mask) with a person under quarantine for possible exposure to COVID-19.

Return-to-School Policies

1. If the student/parent/caregiver answers **YES** to any question in Section 1 but **NO** to any questions in Section 2, the student would be excused from school in accordance with existing school illness management policy (e.g., until fever free for 24 hours without fever reducing medications, and student's symptoms have resolved).
2. If the student/parent/caregiver answers **YES** to any question in Section 1 and **YES** to any question in Section 2, the student should be referred for evaluation by their healthcare provider and self quarantine. Quarantine guidelines:
 - If an individual is trying to be released earlier from quarantine, without testing and if no symptoms have been reported during daily monitoring, they may end self-quarantine on **day 11**.
 - Parents/guardians are asked to contact the school nurse or athletic director if participating in sports, to verify that the exposed student has not had any signs or symptoms of COVID to return to activities and be released from quarantine early.
 - The individual will continue to self-quarantine since the last exposure date. If the COVID test was collected **6** or more days after exposure, with a negative COVID test result and no symptoms were reported during daily monitoring, the individual is eligible to end quarantine on **day 8**.
 - The individual's parents/guardians are asked to contact the school nurse or athletic director if participating in sports to verify that the student has not had any symptoms since the exposure date AND have received a negative COVID-19 test result.

Individuals should continue to monitor their symptoms for the full 14 days post exposure. If you develop symptoms after ending quarantine early please reach out to covidhelp@fUSD1.org for guidance or contact your primary care provider.

3. Students diagnosed with COVID-19 should stay home, isolate themselves from others, monitor their health, and follow directions from their primary care provider and local health department. Students are permitted to return to school in line with current CDC

“When Can I Be Around Others” (e.g., 10 days since symptoms onset or positive test results and 24 hours with no fever without the use of fever-reducing medications and other symptoms of COVID-19 are improving or resolved).

4. A negative test or doctor’s note will not be required for return; however, we ask that you share your students testing information with your school nurse to help mitigate the spread of COVID-19. Questions regarding a student returning to school should be jointly decided in consultation with parents or caregivers, school nurse, and the student’s healthcare provider. Students and their families should be advised that the local health department will contact the family for contact tracing. If contacted, families should notify the contract tracer that the student attended school.
5. Students that answer **No** to Section 1 but **Yes** to any component of Section 2. For example: if a student is asymptomatic but has had close contact with a confirmed case of COVID19, the student will need to follow current recommendation to quarantine. Quarantine guidelines:
 - If an individual is trying to be released earlier from quarantine, without testing and if no symptoms have been reported during daily monitoring, they may end self-quarantine on **day 11**.
 - Parents/guardians are asked to contact the school nurse or athletic director if participating in sports, to verify that the exposed student has not had any signs or symptoms of COVID to return to activities and be released from quarantine early.
 - The individual will continue to self-quarantine since the last exposure date. If the COVID test was collected **6** or more days after exposure, with a negative COVID test result and no symptoms were reported during daily monitoring, the individual is eligible to end quarantine on **day 8**.
 - The individual’s parents/guardians are asked to contact the school nurse or athletic director if participating in sports to verify that the student has not had any symptoms since the exposure date AND have received a negative COVID-19 test result.

Individuals should continue to monitor their symptoms for the full 14 days post exposure. If you develop symptoms after ending quarantine early please reach out to covidhelp@fUSD1.org for guidance or contact your primary care provider.

*****Students who are quarantined will be able to join school virtually.**