Health Policy for Students and Staff

A scholar or staff member who is sick will not be able to perform well in school or after-school activities and is likely to spread the illness to other students and staff. We suggest making a plan for childcare ahead of time so you will not be without a comforting place for your child to stay if they are ill.

- We respectfully ask that you or your designee pick your child up **as soon as possible** or within **one hour** of being notified that your child is sick and needs to go home.
- We ask this to prevent the spread of illness to our faculty, staff, and other students.
- Parents may be required to pick up their student more than normal as the threshold for illness will be low.

Call your health care provider for advice if you are unsure about your child's illness. You can always bring your child to school a little late if your child's health care provider states it is safe to attend school. When it comes to your child's health and the health of all the other children, faculty, and staff at school, it is better to be safe.

Please see the below symptom guidelines for keeping students/staff home and when to return to school

COVID-19 (8/25/2020)

Notify the Health Office for suspected or positive COVID-19 cases

Covid-19 General Symptoms
If a student or staff develops **ANY** symptoms consistent with COVID-19 or any respiratory symptoms that is not known to be part of a chronic condition (i.e., asthma, allergies), they should: 1. Be separated from other students/staff and excluded from the school as soon as a parent/guardian can pick them up. 2. Seek medical attention from your physician and get a COVID-19 test, if possible.

3. If tested for COVID-19 stay home until results of test have been received. If **positive** see **guidelines for Positive Covid-19**. If **negative** or not diagnosed with general symptoms stay home and away from others until **a full 24-48 hours** have passed since the **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND the respiratory symptoms (cough, shortness of breath, difficulty breathing, sore throat, congestion or running nose, and loss of taste/smell) have improved.**

Symptoms:

1. Cough
2. Shortness of breath or difficulty breathing
3. Fever (measured or unmeasured)
4. Chills
5. Muscle pain or body aches
6. Sore throat
7. New loss of taste or smell
8. Fatigue
9. Headache
10. Congestion or runny nose
11. Nausea or vomiting
12. Diarrhea

This list is not all possible symptoms. Visit the CDC website for most updated symptoms list.

According to the CDC, common COVID-19 symptoms among children include fever, headache, sore throat, cough, fatigue, nausea/vomiting, and diarrhea. However, many children and adults infected with the virus that causes COVID-19 are asymptomatic (meaning they have no signs or symptoms of illness)

You can check your symptoms using the CDC Coronavirus Self-Checker tool.

Positive COVID-19 Test or Medical Diagnosis of COVID-19

If you have tested positive for COVID-19, have received a medical diagnosis of possible COVID-19 or are awaiting test results, you should stay isolated at home except to get essential medical care.

If your symptoms are mild to moderate, you should isolate at home until:

- At least **10 days** have passed since your symptoms first started **and**

- At least **24 hours** have passed since your fever (100.0 F) resolved (without the use of fever reducing medications) **and**
- Your other symptoms have improved

If your symptoms are severe to critical or you are severely immunocompromised, you should isolate at home until:

- At least 20 days have passed since your symptoms first started and
- At least 24 hours have passed since your fever (100.0 F) resolved (without the use of fever reducing medications) and
- Your other symptoms have improved

Close Contact with Someone Who Tested Positive for Covid-19

If you live in the same home or were in close contact (within 6 ft for longer than 10 minutes) with someone with COVID-19, you should stay at home and quarantine:

- If you live with the person with COVID-19, separate yourself from the ill person in the home
- Stay at home for **14 days** after your last contact with the person with COVID-19, except to get essential medical care, prescriptions, and food
- Monitor your temperature and symptoms for **14 days** after your last contact with the person with COVID-19- Record your temperature daily
- Symptom monitoring: fever or chills, cough, difficulty breathing, or shortness of breath, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea can be symptoms associated with COVID-19.

Please follow the guidelines for Quarantine Guidance for Household and Close Contacts

International Travel

Stay at home for **14 days** from the time you returned home from international travel.

During this 14 day period, take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school.

3. Do not take public transportation, taxis, or ride-shares.
4. Keep your distance from others (about 6 feet or 2 meters)

*Many authorities use either 100.0 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person (CDC 4/2020).

COVID-19 information is rapidly changing, for up-to-the-date information on COVID-19 visit https://www.cdc.gov/coronavirus/2019-ncov/index.html

Symptomatic students/staff may be separated from others. Health offices have designated a "sick area/room" for students/staff who become ill while at school.

Communicable Disease Reporting- State Mandated

The state requires that certain communicable diseases are to be reported by the school to the State Health Department who will provide community assistance if necessary. Please notify the health office if your child has been diagnosed with any of the following common communicable diseases: COVID-19 (pending health dept. rule, but school needs to report to MCDPH for guidance for schools), strep throat, pink eye (conjunctivitis), flu, measles, and chicken pox. Refer to the full list of Reportable Communicable Diseases at this website:

https://azdhs.gov/documents/preparedness/epidemiology-disease-control/communicable-disease- reporting/reportable-diseases-list.pdf

Calling in Your Child Sick or Absent:

Please provide specific symptoms your child is experiencing such as fever, cough, nausea, etc. Please let us know if the child has seen a doctor or will be seeing a doctor.

What Can I Do to Help Prevent Illness?

- **Stay home when you are sick**. You will help prevent others from catching your illness.
- **Avoid close contact with people who are sick**.
- **Avoid touching your eyes, nose, or mouth**. Germs spread this way.
- **Cover coughs and sneezes**. Use a tissue to cover coughs and sneezes, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow. Wash hands or use hand sanitizer after coughing/sneezing.
- **Clean and disinfect surfaces or objects**. Clean and disinfect frequently touched surfaces, especially when someone is ill.
- **Wash hands for 20 seconds**. Washing hands often under clean, running water can help prevent the spread of germs. For more guidance see the CDC: When and How to Wash Your Hands. If you cannot wash your hands, use alcohol-based hand sanitizer with at least 60% alcohol.
- **Masks.** CDC recommends wearing cloth face coverings in public settings where social distancing measures are difficult to maintain (e.g., grocery stores and

pharmacies), especially in areas of significant community-based transmission. The cloth face cover is meant to protect other people in case you are infected. Cloth face coverings may be fashioned from household items or made at home from common materials. Visit cdc.gov for more information about cloth face coverings.

- **Get a seasonal flu vaccine**