

St. Charles Borromeo School

Daily Health Check for STAFF, STUDENTS & VISITORS and Respiratory Virus Guidance

- ★ If you answer “**YES**” to any of the questions 1-5 below, please do NOT enter the school building/classroom. Contact the school nurse or office for additional guidance as needed.
- ★ If you answer “**NO**” to all questions you may enter the building/come to school.

Daily Health Assessment Questions:

1. **Have you had a fever over 100 F or greater in the past 24 hours?** Check temperature before giving fever reducing medications such as acetaminophen or ibuprofen as they can mask/cover illness.
2. **Do you have any of the following symptoms?**
 - Difficulty breathing/shortness of breath
 - New loss of smell/taste
 - New onset of cough/change to baseline or dry persistent cough that leaves you short of breath
 - New onset of abdominal pain
 - Nausea/vomiting/diarrhea
 - New onset of *severe* headache
3. **Do you have two or more of the following symptoms?**
 - Chills/rigors
 - Sore throat
 - Congestion/runny nose
 - Fatigue
 - Headache
 - Muscle/body aches

If you are not sure you should send your child to school, keep them home and contact the school office.

CDC Updated Respiratory Virus Guidance

(COVID-19, Influenza/flu, RSV, other upper respiratory viruses)

STEP 1: Stay at home. As much as possible, stay home and away from others until at least 24 hours **AFTER both:**

1. Symptoms are getting better overall, **AND**
 2. Have **NOT** had a fever (and are not using fever-reducing medications such as ibuprofen or acetaminophen)
- Additionally, follow up with your health care provider as needed. Consider testing for COVID-19 or other respiratory viruses.

STEP 2: Resume normal activities, AND use added prevention strategies for the next 5 days.

Added prevention strategies include: enhance hygiene practices, wear a well-fitting mask, keep your distance from others as best as possible, increase ventilation. Since some people remain contagious beyond the “stay-at-home” period, taking added precautions can lower the chance of spreading respiratory viruses to others.

NOTE: People who are at higher risk for severe illness who start to feel sick should seek health care right away so that they can access testing and treatment. Early treatment may prevent severe disease.

General Respiratory Virus CORE PREVENTION STRATEGIES from PHDMC

- **Vaccinations.** Staying up to date with vaccinations (to include COVID-19 and influenza vaccines) is the best way to keep students and staff healthy and in school.
- **Stay home when sick.** See above guidance and follow [CDC's recommendations for respiratory viruses](#). If you suspect COVID-19, consider testing for COVID-19.
- **Ventilation/Disinfect.** Increase ventilation to the extent possible and clean/disinfect high touch surfaces routinely.
- **Hand washing and cough/sneeze hygiene.** Encourage [proper and regular hand washing](#). [Sneezes and coughs should be covered](#).

Returning to School After Illness

- If you were seen by a health care provider, please provide a note regarding return to school.
- Fever free for at least 24 hours without the use of fever -reducing medications such as acetaminophen and ibuprofen **AND**
- Symptoms are getting better overall.

Consider added prevention strategies noted above as it applies to your child's symptoms.

If you have questions contact the school nurse 937-660-4266 (sullmer@stcharleskettering.org) or office 937-434-4933 (office@stcharleskettering.org)

Respiratory Virus Guidance Snapshot



Core prevention strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional prevention strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until, for 24 hours BOTH:**



Your symptoms
are getting better



You are fever-free
(without meds)



**Then take added precaution
for the next 5 days**