

STAYING HEALTHY

Sending a student to school who has exhibited COVID-19 symptoms in the last 24 hours places other students and staff members at risk of becoming ill.

Please consider screening your student at home before the school day by checking their temperature and determining if any of the following new or worsening signs or symptoms of COVID-19 are present.

Students with the following symptoms should not come to school:

- Fever (at least 100.0 F)**-- must stay home until 24 hours fever free, without medication.
- Difficulty breathing or shortness of breath**--not explained by asthma or seasonal allergies.
- New loss of taste or smell**--must stay home until released by a physician note or 10-14 days after symptoms have improved.
- Diarrhea**--must stay home until 24 hours after symptoms resolve, including any abdominal pain.
- Vomiting**--must stay home until no vomiting for 24 hours and the student is able to eat/drink normally.
- Cough**--not explained by asthma or seasonal allergies.
- Chills**
- General malaise**-- "I don't feel good".
- Headache**
- Aches**
- Fatigue/tired**
- Sore throat**--doesn't improve after drinking water
- Runny nose/congestion**

If your student has symptoms or exposure that meet any of these criteria contact the school office.

Students who have had known close contact with a person who has a positive COVID-19 test or who has been advised by a state or local health department to quarantine should not come to school.

If your student displays any of the above symptoms during the school day they will be moved to a health isolation room and you will be contacted to pick them up. Please ensure your contact and emergency contact information is correct in Skyward Family Access.

Lucinda Erbs, School Nurse

Laurie Eastman, School Nurse