



Health Guidance Bulletin

From Thayer Academy School Nurses Regarding COVID-19

updated March 30, 2020

1. Maintain proper “social distancing” outside of your own family unit, which means keeping a **physical distance** of **at least six (6) feet away from others**. Practice good hand and face hygiene. Be sure to have a working thermometer in your home.

2. Self-quarantine for 14 days for the following criteria:

- If you have traveled internationally - see [Travelers Returning from International Travel | CDC website](#).¹
- If you have had close contact with anyone who you learn has tested positive for COVID-19.

In addition to self-quarantine, be sure to contact your primary healthcare provider and your local Board of Health (BOH)

Self-quarantine means staying home and away from other people as much as possible. It means doing one’s best to retreat to a separate area or room, sleeping in a separate bed, and using a separate toilet. Self-quarantine also means not going outside for trips to the grocery store or pharmacy, though getting outside near your home for fresh air is fine, away from other people. Of course, a student can proceed with remote classes while on quarantine.

3. Contact your healthcare provider if you develop symptoms of COVID-19.

A physician’s order is required to obtain a test. You also need to contact your local BOH.

The most common symptoms of COVID-19:

- dry cough
- fever
- shortness of breath

Additional symptoms can be found at this link: [Symptoms of COVID-19](#).² One additional symptom recently reported is a sudden loss of senses of taste and/or smell.

The majority of COVID-19 illnesses are mild and managed at home with required isolation for a length of time dependent on symptoms. A student can proceed with remote classes when symptoms improve and their cough is minimal.

Isolation is the term used when a person is ill with COVID-19 and the infection control precautions need to be more rigid than quarantine. At home, the person with symptoms needs to wear a mask if a separate room is not available to isolate from others living in the home. Anytime that symptoms become severe and progress quickly, with shortness of breath, call 911.

Persons with COVID-19 who were directed to care for themselves at home without testing will be directed to discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed since **recovery**, defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and,
- At least 7 days have passed since symptoms first appeared.

4. Communication with the Thayer Nurses is required if you need to self-quarantine or you develop symptoms of COVID-19. After completing the survey, any updated information can be provided to the nurses via email: nurse@thayer.org.

5. During the time of ThayerConnect, if your child is ill and unable to attend the remote classes, parents or guardians should send an email to either Upper School or Middle School per protocol. [For Upper School, send an email to usattendance@thayer.org; for Middle School, send an email to kbosworth@thayer.org and lbruno@thayer.org.] If a student becomes ill once the remote school day has begun, parents or guardians should send an email to nurse@thayer.org so we can communicate with the teachers, as needed, about missing classes.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

² <https://www.webmd.com/lung/news/20200310/know-the-symptoms-of-covid19>