

COVID-19 Attendance Guide for Parents and Families

It starts with YOU

Staying home when you are sick is one of our best ways to fight COVID-19. Keeping sick children and children who are exposed to COVID-19 away from others helps stop the spread of the virus to other children, staff, and the surrounding community. Parents and guardians can use this guide to understand when their child can attend school, after school during COVID-19.

Definitions:

What is a close contact?

Close contact means being within 6 feet of someone with COVID-19 for at least 15 minutes.

Casual contact, such as passing someone in the grocery store, is low risk for spreading COVID-19.

What do isolation and quarantine mean?

<p>Isolation means keeping sick people away from healthy people. The sick person stays home and tries to stay away from other people in their home as much as possible. Here are ways to do this at home:</p>	<p>Quarantine means keeping people who are not sick yet, but who were exposed to a sick person, away from others. Someone can spread COVID-19 before they have symptoms. Quarantine stops them from accidentally spreading the virus to other people.</p>
<ul style="list-style-type: none">● Choose one person to care for the sick child, if possible. This person should keep their distance from other people in the house as much as possible, and use a face covering, stay 6 feet apart, and wash their hand often.● The person who is sick stays at home and away from other people who live there, as much as possible. They can stay in their own bedroom or another part of the home and use their own bathroom, as much as they can. They should stay out of areas where others	<ul style="list-style-type: none">● Choose one person to care for the person in quarantine, if possible. This person should keep their distance from other people in the house as much as possible, and use a face covering, stay 6 feet apart, and wash their hand often.● The person who is in quarantine should stay away from others. This means not participating in activities outside the home.

gather, such as the kitchen and living room.	
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About COVID-19

What are the symptoms of COVID-19?

Symptoms of COVID-19 can look like many other illnesses children get. The symptoms for children can look different than symptoms for adults. Many children have no symptoms at all. If a child or student has any of these symptoms, it could be COVID-19:

- fever of 100.4 degrees Fahrenheit or higher;
- a new cough, or a cough that gets worse;
- difficulty or trouble breathing;
- new loss of taste or smell, sore throat;
- nausea;
- vomiting;
- diarrhea;
- chills;
- muscle pain;
- excessive fatigue (being very tired);
- a new or severe headache;
- new nasal congestion or a runny nose.

Some children with COVID-19 have no symptoms. However, they still can spread COVID-19 to others, even if they do not have symptoms.

How long does it take for symptoms to start?

It can take 1 to 14 days for someone to show symptoms of COVID-19 after being exposed to someone with the virus. This is called the incubation period. Some people have mild symptoms, some people get very sick, and some with COVID-19 have no symptoms at all. Someone who has no symptoms can still spread the virus.

How long does my child need to stay home if they have symptoms consistent with COVID-19, tested positive, or if a doctor said they likely have COVID-19?

If your child has symptoms, s/he must stay at home and away from others (in isolation) until **ALL THREE** of the following have happened:

1. At least 10 days have passed since their symptoms started (even if they start to feel better) AND;

2. They have not had a fever in the last 24 hours without using any medication to lower fever AND;
3. Their symptoms have improved.

What if my child gets sick, but tests negative for COVID-19 and is not a close contact of anyone with COVID-19?

If your doctor or other health care provider tells you that your child has something other than COVID-19, such as the flu or strep throat, or if your child tests negative for COVID-19, then follow your health care provider's directions about when to return to school or child care.

All children must stay home while they are sick and should not return to school or child care until they feel well. This includes staying home for at least 24 hours after a fever is gone, without using fever reducing medications.

Close Contacts

What if my child has close contact with someone with COVID-19 and does not get sick?

People who are exposed to COVID-19 as a close contact can get the disease anywhere from 1 to 14 days after their last contact with the infected person. This is called the incubation period.

Your child must stay home 14 days (quarantine) in case they get sick with COVID-19. The 14 days starts from the day of their last contact with the person with COVID-19.

If during the 14 days your child has a COVID-19 test that is negative, they still must stay home for all 14 days. Some people do not get sick until day 12, 13, or 14. Some who are sick may not get symptoms, but they still can spread the disease. Waiting 14 days is the only way to be sure your child is not infected and cannot infect others.

Getting tested does not shorten the time that they must stay home. Your child must stay home for 14 days (quarantine) from the last contact they had with the person who tested positive for COVID-19, even if the child tests negative.

What if my child has close contact with someone with COVID-19 and gets sick, but does not get tested for COVID-19?

- Your child must stay home for 14 days (quarantine) from their last contact with the person who tested positive for COVID-19. They must not do activities outside of the home
- If you decide not to have your child tested and your child gets symptoms of COVID-19 at any point during their 14 days at home, they must continue to stay home and stay away from others in the house (isolation) until all of the following have happened:

- At least 10 days have passed since their symptoms started AND;
- They have not had a fever in at least 24 hours without using any medication to lower fever AND; They feel better.

Everyone who lives in the house must stay home for at least 14 days (quarantine), because they have been exposed to the virus. They still may get sick with the virus for up to 14 days. They must not do activities outside of the house.

How do I know if my child was a close contact of someone with COVID-19 at school?

You will be contacted by the school if your child is a contact of someone who has COVID-19.

Tips for talking with children

- Remind them that staying home is another way to protect their friends, teacher, child care provider, and others in their community.
- Stay calm while talking.
- Take time to listen and talk
- Let them know you are doing everything you can to keep them safe and that it is OK to feel upset.
- Be careful not to blame them or anyone else for COVID-19.
- Watch how much they look at the media and what media they see.
- Talk to them about what they see.
- Help them understand that this is the new normal during the pandemic and that it is happening to everyone.

It starts with home screenings:

Students are required to stay home from school in the event that:

-You or anyone in your household is experiencing signs of COVID-19 such as:

- Fever (100.4 F)
- Cough
- Difficulty breathing
- Muscle or body aches
- Sore throat
- Headache
- Nausea
- Vomiting
- Diarrhea
- Loss of taste or smell

-You have not yet completed your quarantine or isolation for your given exposure to COVID-19.
-You or a close family member have pending COVID-19 test results.
-You have been exposed- less than six (6) feet for greater than 15 minutes - to anyone who has tested positive for COVID-19 without wearing the appropriate Personal Protective Equipment (PPE) as defined by the Centers for Disease Control and Prevention.

- Anyone who has symptoms, especially a temperature at or above 100.4 should not be in school. They should contact their health care provider to get a diagnosis or determine if testing is necessary
- They should not return to school until they are feeling better, have an alternative diagnosis (like allergies), and not have a temperature for 24 hours without fever-reducing medication. We do not require testing to return to school.

Answer these screening questions each time you are going to send your child to school. If you answer “yes” to any question, your child should stay home.

Screening Questions:

1. Does your child have one or more of these symptoms?

- Fever of 100.4 degrees Fahrenheit or higher
- Difficulty or trouble breathing
- New cough or a cough that gets worse
- New loss of taste or smell
- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue (extreme tiredness)
- New or severe headache
- New nasal congestion or runny nose

If a child has one or more of these symptoms, they must stay home and should stay away from others, including family members. Parents or caregivers should notify the school and consider calling the child’s doctor or other health care provider.

If there are no symptoms, go to the next question.

2. Has your child been diagnosed with COVID-19 since they last went to school?

- No: the child can go to school.
- Yes: the child must stay at home in isolation and away from others as much as possible for at least 10 days (counting from the day their symptoms first started or the day they

were tested), and until their symptoms get better and they have not had a fever for 24 hours (without taking medicine to lower the fever). Even if they feel better, they must stay home for the full 10 days. If your child has tested positive for COVID-19 but has no symptoms, they can return 10 days after the date of their test.

3. Has your child had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with COVID-19, or has any health department or doctor or other health care provider contacted you and said your child should stay home (quarantine)?

No: the child can go to their school, child care, or youth program.

Yes: the child must not go to school. The child can return 14 days after the last time they had close contact with someone with COVID-19, as long as the child has not developed symptoms or has tested positive for COVID-19. Close contact means being 6 feet or less for at least 15 minutes from a person who has COVID-19. Even if your child has tested negative, they cannot go back until it has been 14 since they had close contact.

4. Is your child or any other household member who is symptomatic (has symptoms consistent with COVID19) currently waiting for COVID-19 test results?

No: the child can go to school.

Yes: the child must stay at home until they get their test results. Brothers, sisters, and other children living in the house must also stay at home until test results are known. If the test result is negative, children can return to school. If the test result is positive, children remain at home and begin a 14 day quarantine period starting on the last day they had close contact with the positive case.

Face Coverings Policy:

- Masks are required for all faculty, staff, students, and visitors at all times when inside school buildings and when outdoors and unable to maintain a 6 feet distance. Supervising teachers may permit students to remove their masks for limited periods of time, when appropriate physical distancing, students being at least 6 feet apart, is in place.
- Morning & After School: If the students do not live together they must have their masks on at all times if they are closer than 6 feet. If they are siblings getting out or into the car their masks should be on before they enter the school or before they come within 6 feet of another student or faculty. If not wearing a mask students must remain 6 feet apart while waiting to be picked up from school, walking to their cars, and walking to after school activities

Illness at School:

- In case of illness at school, the student will be sent to the nurse's office located in the rear of the auditorium. Upon arriving at the clinic the student will be assessed by the nurse in the main clinic. If the student is displaying signs or symptoms of COVID-19 he/she will

be asked to isolate in the COVID-19 isolation room. The student may either call his/her parents to be picked up or released by their parents.

- There is a low traffic exit located behind the clinic that the student/parent will access. In the event that the ill student's parents cannot be reached, the emergency contact will be notified. In the event of an injury, parents will be called.
- If the illness or injury requires immediate medical assistance, the school will call 911.

Absence from School:

- The remote learning option is not available for short term absences or illness unless it is COVID related. For absences of 3 days or less, non-COVID related, students should email their teachers informing them of their absence and build a plan to make up the work upon their return to school. Parents should also notify the school by emailing attendance@chsvb.org.
- If a student has a COVID related illness, exposure, or pending tests results, parents should contact the CHS school nurse, Mrs. Dellinger at dellingerm@chsvb.org or 757-615-0246. If a student's absence will be greater than 3 days related to quarantine, COVID-19 protocols, or other health-related reason, the family should reach out to Mr. Covington directly at covingtont@chsvb.org to discuss temporary remote learning.

Please remember that it is crucial to the health and safety of our community that students stay home if they are feeling sick. Teachers will work with students to make up work that is missed. Remember that staying home when ill is another way for students to protect their family, friends, faculty, and others in their community.