

Daily Health Checks for COVID-19



Does my student have any of the following symptoms?

- Fever (100° Fahrenheit or higher)
- Chills or shaking chills
- Cough (not due to a diagnosed, chronic health condition)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache, if severe or in combination with any other symptom
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with any other symptom
- Nasal congestion or drainage (not due to a chronic health condition such as allergies), when in combination with any other symptom



Feeling Sick?

Stay home when you are sick!

Has my student recently tested positive for COVID-19 or is waiting for a COVID-19 test result?

Has my student been in close contact with a person who has been diagnosed with COVID-19 within the past 14 days?

Has my student currently been told to quarantine due to possible COVID-19 exposure?

Has my student traveled outside the country or to a high-risk state in the U.S. as listed in the Massachusetts COVID-19 Travel Order (<https://www.mass.gov/info-details/covid-19-travel-order>)?

If you answer YES to any of these questions, you must keep your student home.

- ✓ Call the Attendance line as soon as possible, 508-416-2259.
- ✓ Call your medical provider and also consult with the school nurse as needed.

Health Office contact info:

Phone 508-416-2263; Fax 508-416-2120

Bridget Veale, RN: bveale@jpkeefehs.org

Mindy Wade, RN: mwade@jpkeefehs.org

What if my student is symptomatic at school?

Students who report or display any symptoms while at school will be seen by the school nurse. If the symptoms are potentially related to COVID-19, you will be contacted for immediate dismissal.

COVID-19 testing sites can be found here: <https://www.mass.gov/covid-19-testing>

MA COVID-19 Resource Map: <https://www.mass.gov/info-details/covid-19-public-resources-map>

When can my symptomatic student return to school?

Option 1: Your doctor has diagnosed your child with an illness other than COVID-19 and has cleared the student to return to school.

- You must provide a note from the doctor, as well as consent for the school nurse to speak with the medical provider

Option 2: Your student has had a negative **PCR** COVID test

- You must provide the school with paperwork from the medical provider who treated your child. This note should include the negative lab result, the alternate diagnosis, date of diagnosis, and any other important health information. The student must be fever-free for 24 hours and without COVID-19 symptoms.

Option 3: It has been 10 days since the start of your student's symptoms

AND

- At least 24-hours fever-free without fever-reducing medications like Tylenol or Ibuprofen (ex. Advil).

AND

- When symptoms have improved, so the student can keep up with the day.

What if my student or someone in our household tests positive?

Keep your child home and notify the school right away so we can begin immediate contact tracing efforts in conjunction with the Board of Health.

- Individuals testing positive must isolate at home for a minimum of 10 days. After the isolation period, students must be fever-free for 24 hours and without any COVID-related symptoms in order to return to school.

CDC What to do if you test positive: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

What if my student is ordered to quarantine?

- Close contacts are identified as anyone who has been within 6 feet of a person who has tested positive for COVID-19 for 10-15 minutes (cumulative within a 24-hour period)
- Close contacts must quarantine at home for 14 days after the last day of contact with the infected person.
- A negative COVID test **cannot** release your student from the mandated quarantine period.

CDC When to quarantine: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

What if our family travels out of state?

Per the Massachusetts COVID Travel Order there are testing and quarantine requirements if you are traveling from a high-risk state or from outside of the country. Please review the information the State's website for further information prior to any travel and consult with the school nurses as needed.

Massachusetts Travel Order: <https://www.mass.gov/info-details/covid-19-travel-order>

