

COVID-19 RETURN TO SCHOOL GUIDANCE FROM THE TWIN VALLEY SCHOOL NURSES

As we look forward to a return to school, we anticipate that individuals within our community will continue to be infected with the SARS-CoV-2 virus, the virus that causes COVID-19. Because students, teachers and other school staff are among the individuals at risk for transmitting and acquiring COVID-19, it is important that we work together and take steps to reduce the transmission of COVID-19.

As we prepare for a return to school, and in an effort to ensure your child's safety, the Twin Valley School Nurses have adapted the following procedures:

- **Temperature Monitoring** -- any student with a temperature of or greater than 100.0 F (oral) or 99.5 (temporal) will be excluded from school.
- **Nurse office visits** - Students visiting the nurse's office should do so by scheduled appointment or in case of emergency.
- **Sending Sick Students Home from School** – Students exhibiting symptoms will be isolated and parents/guardians must have a plan in place to ensure timely pick-up of their child.
- **Medical Care at School for Students with Asthma** -- If your child is diagnosed with asthma, an inhaler and spacer **MUST** be on file in the health room. Due to COVID-19 ***school nurses are no longer advised to administer nebulizer treatments.***
- **Standing Order Medications** -- Due to COVID-19 interactions, medications such as Tylenol, Ibuprofen, and TUMS will not be administered to a student unless that student has a medication order from their own private healthcare provider. For the safety of the students school nurses will not be distributing cough drops.

The Twin Valley School Nurses ask for your cooperation in the following:

- Encourage your child to refrain from touching their eyes, nose and mouth.
- Review proper handwashing techniques with your child weekly.
- Monitor your child's temperature before sending your child to school. If your child is sick with symptoms of COVID-19 (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea) or has a fever of 100.0 F (oral) or greater, keep your child home from school and consult with your child's health care provider.
- Cloth face coverings are meant to protect other people in case the wearer does not know they are infected. Please educate your child on how to properly apply and remove a facemask. Please also be sure that your child brings a facemask to school every day.
- Due to physical distancing efforts, we are unable to have multiple students in the health room simultaneously. We are asking that you assist with helping reduce the number of students seen in the health room by assisting with the following:
 - Twin Valley School Nurses do not administer medication for seasonal allergies. If your child has seasonal allergies, please medicate your child prior to sending them to school.
 - Should your child awake with pain due to headache, injury, tightened braces, menstrual cramps, etc. and require medication [i.e. Tylenol or ibuprofen], please medicate your child prior to sending them to school.
 - Please be sure that your child has a spare change of clothing in their backpack at all times. The health rooms will no longer house extra clothing. Please indicate the student's name on personal belongings.
 - Please be sure that your child has access to personal items such as lip balm or moisturizer, lotion, deodorant, tattoo cream, as well as personal hygiene products for females.
 - Please encourage your child to eat breakfast and to drink water (not coffee) prior to coming to school to prevent headaches, stomachaches, etc. Please also send a water bottle with your child to school; water fountains will no longer be in service.