

## Daily Health Checks for COVID-19 2021-2022

Does my student have any of the following symptoms?

- Fever (100° Fahrenheit or higher), chills, shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to a diagnosed, chronic health condition)
- Sore throat, if severe or *in combination with any other symptom*
- Headache, if severe or *in combination with any other symptom*
- Nausea, vomiting, or diarrhea, *in combination with any other symptom*
- 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?

**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.
- ✓ Notify the School Nurses.
- ✓ Call your medical provider & schedule a test accordingly.

Health Office contact info:

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

Bridget Veale, RN: [bveale@jpkeefehs.org](mailto:bveale@jpkeefehs.org)

Mindy Wade, RN: [mwade@jpkeefehs.org](mailto: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 and if the symptoms are potentially related to COVID-19, you will be contacted for immediate dismissal. School Nurses can perform a rapid BinaxNOW antigen test with parental consent.

- If the results are positive, the student must self-isolate at home for a minimum of 10 days.
- If the results are negative, the student must have a follow-up PCR test before returning to school.

COVID-19 testing sites: <https://www.mass.gov/covid-19-testing>

MA COVID-19 Resources: <https://www.mass.gov/guides/resources-during-covid-19>

## 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. Nurses must review your paperwork before you can return to school.

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. Nurses must review your paperwork before you can return to school.

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 tests positive for COVID-19? When can they return to school?

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. Anyone who tests positive must self-isolate a minimum of 10 days after symptom onset or after a positive PCR or antigen test.

Students can then return to school after 10 days and once they have:

Been without fever for 24 hours (and without taking fever-reducing medications);

**AND**

Experienced improvement in other symptoms;

**AND**

Have received clearance from the School Nurse

Individuals who do not meet these criteria after 10 days may receive clearance from either public health authority contact tracers or the school nurse before returning to school.

CDC What to do if you test positive:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## What if my student is ordered to quarantine?

Close contacts are defined as individuals who have been within 6 feet of a COVID-19 positive individual while *indoors*, for at least 15 minutes during a 24-hour period. Please note that the at-risk exposure time begins *48 hours prior* to symptom onset (or time of positive test if asymptomatic) and continues until the time the COVID-19 positive individual is isolated. **If your student is identified as a close contact, contact the School Nurses right away so they can advise you on return to school timelines.**

## When can a Close Contact return to school?

Option 1: Test & Stay – close contacts can remain in school as long as they:

- remain asymptomatic
- Wear a mask at all times and maintain 3 feet minimum social distancing from others when not wearing their mask (i.e. while eating/drinking)
- They take a rapid BinaxNOW antigen test at school every day for 7 days from the date of exposure (If the 7 days includes weekends and holidays, the student must quarantine at home until return to school on those days)
- Continue to self-check for symptoms daily through day 14, and self-isolate if symptoms develop

Option 2: Quarantine is at least 7 days from the date of exposure and return to school after 7 days, returning on day 8, provided that they:

- Remain asymptomatic
- Receive a negative COVID test (PCR or rapid antigen) on day 5 or later and
- Continue to self-check for symptoms daily through day 14, and self-isolate if symptoms develop.

Option 3: Quarantine at least 10 days from exposure and return to school after 10 days, returning on day 11 provided that they:

- Have not had any symptoms up to this point
- Continue to self-check for symptoms daily through day 14 and self-isolate if symptoms develop.

The following close contacts are exempt from testing and quarantine:

Fully vaccinated individuals who remain symptom-free

Classroom close contacts as long as the individuals were masked and spaced 3 feet apart.

Bus close contacts as long as the individuals were masked with the windows open

A close contact who has tested positive for COVID-19 within the last 90 days and remains symptom-free.

**COVID-19 vaccination** remains the best public health strategy to protect yourself, protect others, and help end the pandemic. If you are interested in getting a COVID-19 vaccine, visit <https://www.mass.gov/info-details/covid-19-vaccination-locations>

### Travel Advisory:

If you are unvaccinated and recently traveled out of state, you should follow the MA Travel Advisory and CDC Guidance to protect others and prevent the spread of COVID-19:

- Get tested with a viral test 3-5 days after travel **AND** stay home and self-quarantine for a full 7 days after travel.
  - Even if you test negative, stay home and self-quarantine for the full 7 days.
  - If your test is positive, isolate yourself to protect others from getting infected.
- If you don't get tested, stay home and self-quarantine for 10 days after travel.

**If at any time you develop covid-related symptoms as listed above in the Daily Health Self-Check, whether you're vaccinated or unvaccinated, stay home and follow up with your medical provider and notify the School Nurses.**

Health Office contact info:

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

Bridget Veale, RN: [bveale@jpkeefehs.org](mailto:bveale@jpkeefehs.org) Mindy Wade, RN: [mwade@jpkeefehs.org](mailto:mwade@jpkeefehs.org)

