



# ECPPS COVID Protocols & Information

An information resource for students and families...

# Symptoms of COVID...



**Fever or chills**

**Fatigue**

**Loss of taste or smell**

**Nausea or vomiting**

**Cough**

**Muscle/body aches**

**Sore throat**

**Diarrhea**

**Shortness of breath**

**Headache**

**Congestion or runny nose**

**If your child has any of the primary symptoms of COVID, please keep them at home and consult your primary care doctor or the health department.**

Fever or chills

Fatigue

Loss of taste or smell

Nausea or vomiting

Cough

Muscle/body aches

Sore throat

Diarrhea

Shortness of breath

Headache

Congestion or runny nose



# ECPPS Isolation & Quarantine

## What is the difference?



**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- The best way to protect yourself and others is to [stay home for 14 days](#) after your last contact. Check your [local health department's website](#) for information about options in your area to possibly shorten this quarantine period.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



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12/17/2020 2AM

**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
  - At least 10 days since symptoms first appeared **and**
  - At least 24 hours with no fever without fever-reducing medication **and**
  - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
  - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

# ECPPS Isolation Guidelines

How it is determined...



*Protocols and guidelines are in coordination with CDC, StrongSchools NC Toolkit and local health authorities*

## Isolation

ANY symptomatic individual is in isolation for 10 days unless...

1. They received an alternative diagnosis from a healthcare provider
  - Must be fever free for 24 hours without fever reducing medications
  - Symptoms are improving
2. They received a negative PCR test or rapid test. (Not a home test)
  - Must be fever free for 24 hours without fever reducing medications
  - Symptoms are improving

**\*\*Members of the same household must also quarantine until a negative test or alternative diagnosis is received\*\***

# ECPPS Quarantine Guidelines

How it is determined...



## Quarantine

Reminder: For symptomatic individuals... Members of the same household must also quarantine until a negative test or alternative diagnosis is received.

If a vaccinated student (or someone who has had Covid in the last 3 months) is identified as a close contact

- No quarantine is required
- Monitor for symptoms daily for 14 days (If symptoms develop refer to isolation guidance)
- Be extra diligent about social distancing, handwashing, and wearing mask appropriately at all times

If an unvaccinated student is identified as a close contact they must quarantine for 14 days from last contact.



# Close Contact

How is a close contact determined?



## Close Contacts

Someone who was within 3 feet (students) 6 feet (adults) of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before symptoms began (or, for asymptomatic individuals, 2 days prior to test specimen collection date) until the time the individual is isolated.

CDC guidance dated 7/9/21 stated an exception for K-12 students when exposure was 3 to 6 feet of an infected student, where both students were engaged in consistent and correct use of well-fitting masks, and other prevention strategies were in place in the K-12 school setting.

# How can we work together to mitigate the spread of COVID?

## Face Coverings

Face coverings are required inside all ECPPS facilities and on buses. Students and staff must adhere to the face covering requirement to help mitigate the spread of COVID. Consequences for not adhering to the mask requirement will be enforced.

Face coverings are not required outdoors; however, appropriate physical distancing should be maintained.





# How can we work together to mitigate the spread of COVID?

## Sanitizing

School staff continue to sanitize facilities and buses to mitigate the spread of COVID.

Everyone is encouraged and reminded to wash hands frequently and to sanitize often.



# How can we work together to mitigate the spread of COVID?

Keep students at home when not feeling well or presenting symptoms of illness. If your child is presenting any symptoms of COVID, please monitor them and contact your primary care provider or Albemarle Regional Health Services at 252.338.4400.

This, along with face coverings, are our best defense in slowing the spread of COVID.



# Vaccine Clinic Information



ECPPS is partnering with Albemarle Regional Health Services (ARHS) to provide a drive-thru vaccine clinic for eligible students 12 years of age and above.

The clinic is scheduled for September 29th from 3 pm to 5 pm... site to be announced soon.

Parents/guardians must accompany their child for this event. Forms and additional information will be provided via ParentSquare and the website at [www.ecpps.k12.nc.us](http://www.ecpps.k12.nc.us).

# QUESTIONS?

## COVID Protocols School-Level

*(Please contact the nurse for your specific school)*

Nurse Young (CES & NES)

[cyoung@ecpps.k12.nc.us](mailto:cyoung@ecpps.k12.nc.us)

252.335.4305

Nurse Sawyer (JCS)

[nsawyer@ecpps.k12.nc.us](mailto:nsawyer@ecpps.k12.nc.us)

252.338.1012

Nurse Wilson (PES)

[lwilson@ecpps.k12.nc.us](mailto:lwilson@ecpps.k12.nc.us)

252.335.4205

Nurse Bratton (PWM)

[hbratton@ecpps.k12.nc.us](mailto:hbratton@ecpps.k12.nc.us)

252.338.5000

Nurse Wentz (SH & Pre-K)

[ewentz@ecpps.k12.nc.us](mailto:ewentz@ecpps.k12.nc.us)

252.335.4303

Nurse Meads (WES & HLT)

[ameads@ecpps.k12.nc.us](mailto:ameads@ecpps.k12.nc.us)

252.335.2606

Nurse Miller (ECMS)

[tmiller@ecpps.k12.nc.us](mailto:tmiller@ecpps.k12.nc.us)

252.335.2974

Nurse Phipps (RRMS)

[bhipps@ecpps.k12.nc.us](mailto:bhipps@ecpps.k12.nc.us)

252.333.1454

Nurse Rull (NHS & ECPEC)

[mrull@ecpps.k12.nc.us](mailto:mrull@ecpps.k12.nc.us)

252.335.2932

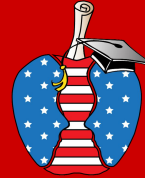
Nurse Stevenson (PCHS)

[kstevenson@ecpps.k12.nc.us](mailto:kstevenson@ecpps.k12.nc.us)

252.337.6880

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Together



**ECPPS**  
ELIZABETH CITY-PASQUOTANK PUBLIC SCHOOLS  
PREPARING GLOBALLY COMPETITIVE CITIZENS

# QUESTIONS?

Technology	<p>Amber Godfrey Director of Technology <a href="mailto:agodfrey@ecpps.k12.nc.us">agodfrey@ecpps.k12.nc.us</a> 252.335.2981</p> <p>Other contacts in the Technology Department <a href="https://www.ecpps.k12.nc.us/departments/technology">https://www.ecpps.k12.nc.us/ departments/technology</a></p>
Transportation Routing Questions	<p>Amanda Hill Director of Transportation <a href="mailto:ahill@ecpps.k12.nc.us">ahill@ecpps.k12.nc.us</a> 252.335.5684</p>
Virtual Learning & Quarantine Learning Plans	<p>Dr. Amy Spencer Chief Academic Officer <a href="mailto:aspencer@ecpps.k12.nc.us">aspencer@ecpps.k12.nc.us</a> 252.335.2981</p>

*Bus related questions/concerns for discipline  
should be directed to your child's school*

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