

# NURSE NOTES



**Nurse Megan**

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Dear Gull Lake Families,

Thank you for your partnership to help maintain a safe in person learning environment. Please read the following information to familiarize yourself with the current GLCS COVID protocols.

Good communication is key. Nurse Megan can help you with any questions, will ensure that your student's COVID related absences are excused, and that your student's teacher is aware of your students return date.

**When to contact Nurse Megan:**

- My student has tested positive
- A family member has tested positive
- My student is a close contact of someone who has tested positive
- Any questions or concerns

**When reading the following FAQ's please note that a person who is considered fully vaccinated (at least 2 weeks post second dose) and anyone who is within 90 days of recovery from COVID-19 are exempt from quarantine. \*We must have a positive COVID test on file for your student to be considered exempt from quarantine.**

## FAQ'S

**1.What are the current quarantine guidelines that GLCS follows for IN SCHOOL CLOSE CONTACTS?**

- On January 10, 2022, the KCHD made changes to close contact quarantine procedures. They recommend the following three options which we have followed:
  - Quarantine for 10 days if not willing/able to mask return on day 11
  - Quarantine for 5 days, return on day 6 without a test but required to wear a mask properly until day 11 (this includes after school activities).
  - Test to Stay, testing on select days 1-6 to remain in school as long as negative, must wear a mask until day 11 (this includes after school activities).
- **Who is considered an in school close contact?**
  - At GLCS anyone who is within 0-6 feet of a positive person when the positive and the close contact are both unmasked at the same time.

## **2. What is considered close contact outside of school?**

- When a person is around a positive person for 15 minutes or more within 6 feet. If the positive person is in the home student(s) may return on day 11 from when the positive person developed symptoms. The 10 day quarantine restarts anytime anyone else in the home develops symptoms or tests positive.

## **3. How will I be notified if my student is a close contact/needs to quarantine?**

- Nurse Megan will send a robocall and email with detailed instructions with everything that you need to know if your student needs to quarantine. If your student was in the same classroom as a positive person, but your student does not need to quarantine you will get an email. The email will let you know that your student was in the same room with a positive person. Your student may or may not have been near the positive person, but monitor your student for symptoms.

## **4. What if my student has symptoms?**

- Keep your student home and have them tested at 24 hours after symptom onset. If negative and at least 24 hours fever/vomiting/diarrhea free your student may return. If you do not want to test your student, your student needs to remain home until symptom free. With the high level of COVID-19 in our community it is probable that we come into close contact with people daily who have COVID-19 and we do not know. Even if you have not received notification from the school that your student is a close contact, and even if your student is fully vaccinated please test.
- **Symptoms to watch out for (may be one or a combination of the following):**
  - Temperature 100.4 F or higher, or signs of a fever (chills/sweating)
  - Sore throat
  - Cough (sometimes barky)
  - Headache
  - Abdominal pain
  - Vomiting
  - Diarrhea
  - Loss of taste/smell
  - Nasal congestion
  - Fatigue
  - Muscle/Body aches

## **My student is sick at school**

- If a student exhibits any or a combination of these symptoms they are to be sent to the office to be picked up.
- Student may return if at least 24 hours no fever/vomiting/diarrhea without medication AND No symptoms OR negative COVID test taken at or after 24 hours of symptom onset an additional test will be offered for the following day, but would be optional

### Parent calls their student in sick:

- Student may return if at least 24 hours no fever/vomiting/diarrhea without medication  
AND No symptoms OR negative COVID test taken at or after 24 hours of symptom onset  
An additional test is available for the following day, but is optional

\*Testing at the 24 hour mark can be done at the GLCS testing center, or we will accept proof from outside agencies or home tests. An image will need to be emailed to your student's building secretary.

**Kellogg Elementary:** [mshepherd@gulllakecs.org](mailto:mshepherd@gulllakecs.org), [sgambee@gulllakecs.org](mailto:sgambee@gulllakecs.org)

**Richland Elementary:** [jwalters@gulllakecs.org](mailto:jwalters@gulllakecs.org), [apuroll@gulllakecs.org](mailto:apuroll@gulllakecs.org)

**Ryan Intermediate:** [mmauzy@gulllakecs.org](mailto:mmauzy@gulllakecs.org), [ambell@gulllakecs.org](mailto:ambell@gulllakecs.org)

**GLMS:** [jthorn@gulllakecs.org](mailto:jthorn@gulllakecs.org), [rstinnett@gulllakecs.org](mailto:rstinnett@gulllakecs.org)

**GLHS:** [sbuelow@gulllakecs.org](mailto:sbuelow@gulllakecs.org), [svandersalm@gulllakecs.org](mailto:svandersalm@gulllakecs.org)

### 5. How long must a positive student/staff member have to stay out of school?

- The positive person may return day 11 from symptom onset, (or if no symptoms positive test). Day 0 is the date symptoms started, (or if no symptoms the positive test). The student may return on day 6 as long as there has been no fever, vomiting, or diarrhea for at least 24 hours, other symptoms improving, and a mask is worn in any indoor settings (including athletics) until day 11.

**\*Additional testing is not required to return to school, only the isolation period.**

### 6. Where can I get my student tested?

- GLCS has a testing site at GLHS. It is open on a walk in basis from 8am-10am Monday through Friday as long as school is in session (no snow days or holidays). A consent form is required, and students 5th grade and younger need to be accompanied by an adult. BinaxNow rapid tests are used. This is a free service and is open to any student who feels they need to be tested as well as for our test to stay program. See process below. Also here is a [link](#) for community testing locations.

#### Testing Process

1. Print and fill out the consent form: [COVID Rapid Test Consent Form.docx](#) (copies also available at the testing site)
2. Testing will be done at the GLHS athletic training room from 8-10 am Monday to Friday. Park in the rear bus loop lot and follow testing signs.
3. An appointment is not required, arrive between 8-10 am on the first date that your student is eligible to test.
4. Students must have a consent form signed by their parent/ guardian prior to testing.
5. The tests are the BinaxNow rapid antigen tests. The test will be administered by a trained staff member and will take approximately 15 minutes to get the result

**\*Due to high volumes getting your student's result may take longer, please be patient with staff.**

6. Students may be accompanied by one adult. Students grade 5 or younger MUST have a parent/guardian present for each test. Students must all wear masks to enter the building for testing purposes.

7. You and your student will be sent to your car to wait for the results. A staff member will call you and will give direction based on your student's results.

8. If positive, take your student home and Nurse Megan will call you with further instructions.

**Testing Location:** GLHS athletic training room

\*Park in the bus loop and walk to the testing site



**For more information on the current Kalamazoo County Guidelines that GLCS is following:**

MI Safer Schools Guidance for Managing COVID-19 Exposures in K-12 School Settings 1/10/22