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UPPER ADAMS SCHOOL DISTRICT

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November 20, 2020

Hello Upper Adams School District Parents and Guardians:

We want to send out a big thank for your continued help during this challenging time. Without your help, we would never have made it this far into the school year. As we move into winter, we find ourselves not only dealing with COVID-19, but cold and flu season too. As we near the holiday season we have a few reminders for you in an attempt to keep our school buildings safely open with healthy students and school personnel:

Most importantly, we ask that you please continue to assess your child's health each morning before sending them to school. Please keep your child(ren) home if they are showing the slightest signs of illness (see the symptom list from the PA Department of Health below). If your child is taking any fever reducing medications (Tylenol/Ibuprofen), keep them home. They must be fever free 24 hours without the use of fever reducing medication before returning to school.

We ask that you communicate any health concerns you may have with your child's health care provider so that you are able to have specific health questions answered.

Second, if your child or a family member have been exposed to someone with COVID-19 or tests positive for COVID-19, please inform your child's school nurse immediately. Depending on the circumstances, classmates, teachers, or other school personnel may be required to quarantine.

If your child tests positive for COVID-19, they are required to quarantine for 14 days. Upon returning from quarantine, your child must be fever free for 24 hours, without the use of fever reducing medication, an improvement in symptoms, and at least 10 days have passed since the symptoms first appeared. If your child(ren) has been exposed to a positive case of COVID-19, the guidelines require 14 days of quarantine even if your child(ren) tests negative. The Pennsylvania Department of Health will be contacting positive exposure cases and providing specific information regarding quarantine start and end dates. Please understand that the school nurses do not decide these dates. The Pennsylvania Department of Health determines the dates due to a number of factors that determine quarantine dates. Please respond to the Pennsylvania Department of Health in a timely fashion, so it does not hold up the contact tracing process.

Finally, please understand that the school nurses will be assessing any child who visits the health room with health issues during the day. School nurses are making decisions based on the current recommendations from the CDC and Pennsylvania Department of Health. COVID-19 symptoms are vague and can be attributed to several other illnesses. School nurses nationwide have been advised to err on the side of caution and send students home for a minimum of ten days, and possibly longer, if deemed appropriate by the Pennsylvania Department of Health Guidelines.

COVID-19 Symptoms List:

Symptoms requiring students to stay home (or be sent home) may include ONE of the following:

- Fever > (greater than)100.0
- New cough
- Loss of taste
- Loss of smell
- Shortness of breath or difficulty breathing

OR

Any TWO of the following:

- Headache
- Sore throat
- Fatigue
- Congestion

Runny nose
Chills
Muscle/body aches
Nausea
Vomiting
Diarrhea

If the school nurse would see your child with any of the above symptoms, she would need to isolate your child in a safe area in the health room to limit exposure to other students and school personnel.

In an effort to keep district and parent/guardian communications accurate and timely, please make sure contact information is on file at the school and is correct at all times. Providing an accurate alternative contact is also very important should the need arise when parents and guardians are advised to pick up your child immediately. The expectation is that a parent, guardian, or emergency alternate contact will arrive within the hour to pick up your child.

If you are traveling this holiday season, please be aware that starting November 20, 2020, the Pennsylvania Department of Health Order is requiring that travelers entering Pennsylvania from other countries and states, as well as Pennsylvanians who are returning home from other countries or states, to have a negative COVID-19 test within 72 hours prior to entering the Commonwealth or quarantine for 14 days upon entry into Pennsylvania. The list of states for a travel advisory is changing frequently, but at present has about 35 states on the list. Please see the travelers' section of the PA Department of Health Website.

Thank you again for your assistance in working with District personnel to keep everyone healthy and safe, which will also keep our schools and classrooms open for daily instruction.

Sincerely,

Upper Adams School District School Nurses

Wesley T. Doll