



White Settlement

INDEPENDENT SCHOOL DISTRICT

Health Services Guidelines related to Covid-19

PURPOSE: Infection control to protect the health and safety of each student and staff, with ongoing guidance per CDC, DSHS and TCPH recommendations.

COVID-19 SYMPTOMS: Symptoms can be mild to severe. They may appear in as few as 2 days or as long as 14 days after exposure. People can be contagious 48 -72 hours prior to showing symptoms.

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|-----------------------------------|----------------------------|--------------------------|
| * Fever of 100 degrees or higher | * Congestion or runny nose | * Loss of taste or smell |
| * Chills or exaggerated shivering | * Shortness of breath | * Difficulty breathing |
| * Nausea | * Cough | * Muscle or body aches |
| * Vomiting | * Sore throat | * Headache |
| * Diarrhea | * Fatigue | |

*** This list does not include all possible symptoms and symptoms may be updated according to CDC, DSHS and TEA.

EXPOSURE: Close contact with an individual who is lab confirmed to have covid-19, during the infectious period of the case.

- Infectious period is defined as 2 days prior to symptom onset, to 10 days after onset
- Asymptomatic individuals who are lab confirmed- infectious period is defined as 2 days prior to the lab test and 10 days following the lab test.
- Close contact is defined as:
 - Being directly exposed to infectious secretions; or
 - Being within 6 feet for a cumulative duration of 15 minutes.
 - Additional factors like case/contact masking, ventilation, dividers, and case symptomology affect determination

Students/Staff Returning to School from positive test:

According to CDC, DSHS and TCPH guidance:

Students/Staff will need to stay home until:

- At least 24 hours after fever has resolved (without the use of fever reducing medication like Tylenol or Motrin)

AND

- At least 24 hours after vomiting and/or diarrhea resolved (without the use of medication)

AND

- At least 24 hours after all other symptoms have improved

*CDC and DSHS recommend when returning to normal activities to take added precautions over the next 5 days by practicing physical distancing and wearing a mask.

Updated communicable disease chart –

<https://www.dshs.texas.gov/idps-home/school-communicable-disease-chart>

DSHS guidelines – <https://www.dshs.texas.gov/covid-19-home>

CDC guidelines – <https://www.cdc.gov/media/releases/2024/p0301-respiratory-virus.html#print>