

Dear Parent/Guardian:

As plans continue for your child's return to school, I wanted to take an opportunity to provide you with information regarding the health plan for your child. Please remember to make the daily screening a part of your morning routine, at home, and do not send your child to school if he/she is sick.

Symptom Screener:

Does your child have one or more of these symptoms?

- Fever of 100.4 degrees Fahrenheit or higher
- Chills
- Difficulty or trouble breathing
- New cough or a cough that gets worse
- New loss of taste or smell

If your child has one or more of these symptoms, they must stay home and should stay away from others as much as possible, including family members. Parents or caregivers should notify the school, child care, or youth program and call the child's doctor or other health care provider.

Does your child have at least two of these symptoms?

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Muscle pain
- Excessive fatigue (extreme tiredness)
- New or severe headache
- New nasal congestion or runny nose

If your child has at least two of these symptoms, they must stay home and should stay away from others as much as possible, including family members. Your child should rest and drink fluids. If he/she feels worse, you should contact your healthcare provider.

If your child has a medical condition which requires medication during school hours, or an intervention from the nurse, please contact the nurse in your child's building this week, before school starts. We will work with you and make arrangements for dropping the medication off at school and also to make sure the proper documentation is completed.

Students with asthma or allergies should be working closely with their pediatrician, before school starts, to ensure that the symptoms of allergy and asthma are under control. Allergy and asthma symptoms are similar to COVID-19 symptoms. Documentation from your child's

pediatrician would be helpful so that the nurse's assessment will include the medical information from the physician.

Students will be discouraged from visiting the health office during the school day. If there are minor health/injury related instances that occur during the school day, the situation will be handled in the classroom. Please discuss this new protocol with your child. The reason we are stressing less foot traffic to the health office is to avoid exposure to illness and contamination.

*** Examples of these instances are:**

- Non-traumatic loss of a tooth or a loose tooth
- Paper cuts, small abrasions, picked scabs
- Minor nosebleeds
- Minor headaches/fatigue
- Mild indigestion or stomach upset
- Localized or old bug bite
- Chapped lips (you may send lip balm, if necessary, for your child in his/her backpack)
- Old injuries
- Hunger

*** Instances that require a visit to nurse:**

- deep cut
- Medicine
- breathing issues
- Vomiting
- Diarrhea

Please contact the nurse in your child's school with any questions you may have regarding this information.

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