



## Health Policy for Students and Staff

A scholar or staff member who is sick will not be able to perform well in school or after-school activities and is likely to spread the illness to other students and staff. We suggest making a plan for childcare ahead of time so you will not be without a comforting place for your child to stay if they are ill.

- We respectfully ask that you or your designee pick your child up **as soon as possible** or within **one hour** of being notified that your child is sick and needs to go home.
- We ask this to prevent the spread of illness to our faculty, staff, and other students.

Call your healthcare provider for advice if you are unsure about your child's illness. You can always bring your child to school a little late if your child's healthcare provider states it is safe to attend school. When it comes to your child's health and the health of all the other children, faculty, and staff at school, it is better to be safe.

**Please see the below symptom guidelines for keeping students/staff home and when to return to school:**

### **Routine Illnesses**

<b>Eyes</b>	<p><b><i>Stay Home:</i></b> Thick mucus or pus draining from the eye may be pink eye. With pink eye you may see white or yellow discharge, matted eyelids after sleep, eye pain, redness or itching. Recommend evaluation by a health care provider.</p> <p><b><i>Return to School:</i></b> Must receive 24 hours of antibiotics before returning to school if positive for pink eye. Notify the health office if diagnosed with pink eye.</p>
<b>Rash</b>	Undiagnosed, <b>new</b> and/or untreated rash or skin conditions. Follow up with a healthcare provider to determine that the illness is not a communicable disease.

<b>Lice</b>	May not return to school until treated for infestation and are <u>free of LIVE lice</u> . A visual inspection of the hair by school personnel is required prior to re-admittance. Inspection will be done privately and with respect. Notify the health office of individual with lice.
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### **Screen for COVID-19 like symptoms**

<b>Fever</b>	<p><b><i>Stay Home:</i></b> Temperature of 100.0 degrees Fahrenheit or higher. *</p> <p><b><i>Return to School:</i></b> Must be fever free, without taking fever reducing medication, for <b>24 hours</b> before returning to school.</p> <p>If presenting with respiratory or COVID-19 like symptoms, see COVID-19 section below.</p> <p>*Many authorities use either 100.0 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person (CDC 4/2020).</p>
<b>Fever with Respiratory Symptoms</b>	<p>If you have a fever <b>and</b> respiratory symptoms and <b>have tested NEGATIVE</b> for COVID-19, you should:</p> <p>Stay home and away from others until 72 hours after your fever and symptoms of respiratory infection are gone, without using fever-reducing medications. Once symptoms have been gone for 72 hours, you can resume normal activities (Maricopa County Dept. of Public Health 5/27/20).</p>
<b>Cough</b>	<p><b><i>Uncontrolled cough that causes difficulty breathing</i></b> (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)</p> <p><b><i>Stay Home:</i></b> Indicates a possible illness that may decrease the student's ability to learn and puts them at risk for spreading illness to others.</p>



	<ul style="list-style-type: none"> <li>• Sore throat</li> <li>• Runny or stuffy nose</li> <li>• Muscle or body aches</li> <li>• Headaches</li> <li>• Fatigue (tiredness)</li> <li>• Some people may have vomiting and diarrhea which is more common in children than adults</li> </ul> <p>Notify the health office of a positive flu test.</p> <p><b><i>Return to School:</i></b> Must be fever free, without taking fever reducing medication, for <b>24 hours</b> before returning to school. A fever is defined as 100°F (37.8°C). *</p>
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### **COVID-19 (7/27/2020)**

<b>COVID-19</b>	<p>People with COVID-19 may have no symptoms (asymptomatic) or present with a wide range of symptoms ranging from mild to severe illness.</p> <p>Symptoms may appear <b>2-14 days after exposure to the virus</b>. People with these symptoms or combinations of symptoms may have COVID-19:</p> <ol style="list-style-type: none"> <li>1. Cough</li> <li>2. Shortness of breath or difficulty breathing</li> <li>3. Fever</li> <li>4. Chills</li> <li>5. Muscle pain or body aches</li> <li>6. Sore throat</li> <li>7. New loss of taste or smell</li> <li>8. Fatigue</li> <li>9. Headache</li> <li>10. Congestion or runny nose</li> <li>11. Nausea or vomiting</li> <li>12. Diarrhea</li> </ol> <p>This list is not all possible symptoms. Visit the CDC website for most updated symptoms list.</p>
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***Section 1 Symptom Screening:***

If your child has **ANY** of the following symptoms, that indicates a possible illness that may decrease the student's ability to learn and also puts them at risk for spreading illness to others. Please check your child for these symptoms:

- Temperature 100.0 F. or higher when taken by mouth
- Sore throat
- **New** uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
- Diarrhea, vomiting, or abdominal pain
- New onset of severe headache, especially with a fever

***Section 2 Close Contact/Potential Exposure:***

- Had close contact (within 6 feet of an infected person for at least 10 minutes) with a person with confirmed COVID-19; OR
- Had close contact (within 6 feet of an infected person for at least 10 minutes) with person under quarantine for possible exposure to COVID-19; OR
- Traveled to or lived in an area where the local, Tribal, territorial, or state health department is reporting large numbers of COVID-19 cases
- Live in areas of high community transmission

If the answer is YES to any question in Section 1 but NO to any questions in Section 2, the student/staff would be excused from school in accordance with existing school illness policies as outlined in the above sections.

If the answers are YES to any question in Section 1 and YES to any question in Section 2, the student/staff should be referred for evaluation by their healthcare provider and possible COVID-19 testing.

	<p>According to the CDC, common COVID-19 symptoms <u>among children</u> include fever, headache, sore throat, cough, fatigue, nausea/vomiting, and diarrhea. [3] However, many children and adults infected with the virus that causes COVID-19 are asymptomatic (meaning they have no signs or symptoms of illness).</p> <p><a href="#">You can check your symptoms using the CDC Coronavirus Self-Checker tool.</a></p> <p>If student/staff have any of these symptoms, they should stay home and contact a health care provider for advice.</p>
	<p><b>If you have tested positive for COVID-19</b>, you should stay isolated at home except to get essential medical care.</p>
	<p>If you <b>had any symptoms</b> consistent with COVID-19 <b>and</b> had <b>mild to moderate illness</b>, you should isolate at home until:</p> <ul style="list-style-type: none"> <li>• At least 10 days have passed since your symptoms first started <b>and</b></li> <li>• At least 24 hours have passed since your fever (100.0 F.) resolved (without the use of medications) <b>and</b></li> <li>• Your other symptoms have improved</li> </ul>
	<p>If you <b>had any symptoms</b> consistent with COVID-19 <b>and</b> had <b>severe or critical illness</b> <b>or</b> are <b>severely immunocompromised</b>, you should isolate at home until:</p> <ul style="list-style-type: none"> <li>• At least 20 days have passed since your symptoms first started <b>and</b></li> <li>• At least 24 hours have passed since your fever resolved (without the use of medication) <b>and</b></li> <li>• Your other symptoms have improved</li> </ul>

	<p>If you <b>did not have any symptoms</b> consistent with COVID-19, you should isolate at home until:</p> <ul style="list-style-type: none"> <li>• <u>10 days</u> have passed since your first positive COVID-19 test was done</li> </ul>
	<p>If you <b>did not have any symptoms</b> consistent with COVID-19 <b>and</b> are <b>severely immunocompromised</b>, you should isolate at home until</p> <ul style="list-style-type: none"> <li>• <u>20 days</u> have passed since your first positive COVID-19 test was done (MCDPH 7/23/20)</li> </ul> <p>*Notify the health office of a positive COVID-19 test.</p>
	<p>If you have ANY of the above COVID-19 <b>symptom(s)</b> <b>and tested negative for COVID-19</b>, you should:</p> <ul style="list-style-type: none"> <li>• Stay home and away from others until <b>3 days (72 hours)</b> have passed since your <b>fever (100.0 F.) has gone away</b> without the use of fever-reducing medications</li> <li>• <b>AND</b> your <b>respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved.</b> (MCDPH 7/16/20)</li> </ul>
	<p><b>Exposure to Someone with COVID-19: Household and Close Contacts:</b></p> <p>If you <b>live in the same home</b> or <b>were in close contact (within 6 feet for longer than 10 minutes)</b> with someone with COVID-19, you should <b>stay at home and quarantine:</b></p> <ul style="list-style-type: none"> <li>• If you live with the person with COVID-19, <b>separate yourself from the ill person (people) in the home</b></li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Stay at home for 14 days after your last contact with the person with COVID-19</b>, except to get essential medical care, prescriptions, and food</li> <li>• <b>Monitor your temperature &amp; symptoms</b> for 14 days after your last contact with the person with COVID-19.</li> <li>• <b>Temperature monitoring:</b> please take and record your temperature daily.</li> <li>• <b>Symptom monitoring:</b> fever or chills, cough, difficulty breathing or shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea can be symptoms associated with COVID-19 (MCDPH 6/12/20)</li> </ul>
	<p><b><i>International Travel:</i></b> Stay home for 14 days from the time you returned home from international travel.</p> <p>During this 14-day period, take these steps to monitor your health and practice social distancing:</p> <ol style="list-style-type: none"> <li>1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.</li> <li>2. Stay home and avoid contact with others. Do not go to work or school.</li> <li>3. Do not take public transportation, taxis, or ride-shares.</li> <li>4. Keep your distance from others (about 6 feet or 2 meters) (CDC 5/21/20).</li> </ol>
	<p>COVID-19 information is rapidly changing, for up-to-the-date information on COVID-19 visit <a href="https://www.cdc.gov/coronavirus/2019-ncov/index.html">https://www.cdc.gov/coronavirus/2019-ncov/index.html</a></p>

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Please note, the school nurse or other school personnel may recommend the use of face masks, if available, for students/staff with respiratory symptoms and/or fever over 100.0 F until they can be picked up from school by a parent/designee. Symptomatic students/staff may be separated from others. Health offices have designated a “sick area/room” for students/staff who become ill while at school.

### **Communicable Disease Reporting- State Mandated**

The state requires that certain communicable diseases are to be reported by the school to the State Health Department who will provide community assistance if necessary. Please notify the health office if your child has been diagnosed with any of the following common communicable diseases: COVID-19 (pending legislation, but school needs to report to MCDPH for guidance for schools), strep throat, pink eye (conjunctivitis), flu, measles, and chicken pox. Refer to the full list of Reportable Communicable Diseases at this website:

<https://azdhs.gov/documents/preparedness/epidemiology-disease-control/communicable-disease-reporting/reportable-diseases-list.pdf>

### **Calling in Your Child Sick or Absent:**

Please provide specific symptoms your child is experiencing such as fever, cough, nausea, etc. Please let us know if the child has seen a doctor or will be seeing a doctor.

### **What Can I Do to Help Prevent Illness?**

- **Stay home when you are sick.** You will help prevent others from catching your illness.
- **Avoid close contact with people who are sick.**
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Cover coughs and sneezes.** Use a tissue to cover coughs and sneezes, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow. Wash hands or use hand sanitizer after coughing/sneezing.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces, especially when someone is ill.
- **Wash hands for 20 seconds.** Washing hands often under clean, running water can help prevent the spread of germs. For more guidance see the [CDC: When and How to Wash Your Hands](#). If you cannot wash your hands, use alcohol-based hand sanitizer with at least 60% alcohol.
- **Masks.** CDC recommends wearing cloth face coverings in public settings where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. The cloth face cover is meant to protect other people in case you are infected. Cloth face coverings may be fashioned from household items or made at home from common materials. Visit [cdc.gov](https://www.cdc.gov) for more information about cloth face coverings.
- **Get a seasonal flu vaccine**