

# GreatHearts®

## 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.
- Parents may be required to pick up their student more than normal as the threshold for illness will be low.

Call your health care 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 health care 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**

### COVID-19 (10/28/20)

**\*Notify the Health Office for suspected or positive COVID-19 cases\***

#### **COVID-19 General Symptoms**

(Not part of a pre-existing condition such as asthma or known allergies)

##### **Symptoms:**

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Muscle pain or body aches
- Headache
- Sore Throat

- New loss of taste or smell
- Nausea or Vomiting
- Diarrhea
- Fatigue
- Congestion or runny nose

### **Isolation Guidelines- If Tested**

1. Seek medical attention from your physician and get a COVID-19 test, if possible.
2. Stay home until results of test have been received.

**3. Positive:**

Return to school contingent upon completion of **all 3**:

- **24 hrs** fever-free w/o fever reducing meds
  - Improvement in respiratory symptoms
  - **10 days** have passed since first symptoms started if symptoms are mild to moderate or 10 days from positive test if subject is asymptomatic
- or**
- **20 days** have passed if symptoms are severe to critical or patient is severely immunocompromised

**4. Negative:**

Stay home and away from others until **a full 24-48 hours** have passed since the **fever (including chills, shakes, and body/muscle aches) has gone away** without the use of fever-reducing medications **AND the respiratory symptoms (cough, shortness of breath, difficulty breathing, sore throat, congestion or running nose, and loss of taste/smell) have improved.**

### **Isolation Guidelines- If Not Tested**

We understand that not everyone will have the resources to get tested every time they exhibit a symptom. We also understand that other illnesses will be passed around that have some of the same symptoms as COVID-19 such as the common cold.

5. **If not tested, but seen by a doctor, and doctor suspects COVID-19, or if symptoms are unique to COVID-19 such as loss of taste or smell see guidelines for Positive COVID-19.**
6. If not tested, and if symptoms can be attributed to some other illness as determined by the school nurse, or some other health professional, **return a full 24-48 hours after fever has resolved without fever reducing medication and all symptoms have fully resolved.**
7. Return with doctor's note if symptoms are still present and doctor does not suspect COVID-19.

This list is not all possible symptoms. Visit the CDC website for most updated symptoms list.

According to the CDC, common COVID-19 symptoms among children include fever, headache, sore throat, cough, fatigue, nausea/vomiting, and diarrhea. However, many children and adults infected with the virus that causes COVID-19 are asymptomatic (meaning they have no signs or symptoms of illness)

You can check your symptoms using the [CDC Coronavirus Self-Checker tool](#).

## **Positive COVID-19 Test, COVID-19 Diagnosis, or waiting for testing results**

If you have tested **positive** for COVID-19, have received a medical diagnosis of possible COVID-19 or are awaiting test results, you should stay isolated at home except to get essential medical care.

If your symptoms are mild to moderate, you should isolate at home until:

- At least **10 days** have passed since your symptoms first started **and**
- At least **24 hours** have passed since your fever (100.0 F) resolved (without the use of fever reducing medications) **and**
- Your other symptoms have improved

If your symptoms are severe to critical or you are severely immunocompromised, you should isolate at home until:

- At least 20 days have passed since your symptoms first started and
- At least 24 hours have passed since your fever (100.0 F) resolved (without the use of fever reducing medications) and
- Your other symptoms have improved

Students and faculty can return early with two negative tests that are 24 hours apart or a doctor's note.

## **Close Contact with Someone Who Tested Positive for COVID-19**

Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period\* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

If you live in the same home or were in close contact (within 6 ft for longer than 10 minutes) with someone with COVID-19, you should stay at home and quarantine:

- If you live with the person with COVID-19, separate yourself from the ill person in the home
- Stay at home for **14 days** after your last contact with the person with COVID-19, except to get essential medical care, prescriptions, and food
- Monitor your temperature and symptoms for **14 days** after your last contact with the person with COVID-19- Record your temperature daily
- Symptom monitoring: fever or chills, cough, difficulty breathing, or shortness of breath, 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.

Please follow the guidelines for [Quarantine Guidance for Household and Close Contacts](#)

## **Close Contact with Someone Who Tested Positive for COVID-19**

In the same household, when close contact cannot be avoided

### **Isolation Guidelines:**

1. Exposed individual is quarantined off campus for 14 days from last day of isolation of any household member with COVID-19.
2. If mild to moderate symptoms develop return 10 days after first symptoms appeared and 24 hours of being fever free without medication, and 20 days if symptoms are severe to critical or patient is severely immunocompromised
3. Exposed individual may return earlier if they test negative at least five days after the isolation period of the infected family member has ended.

## **International Travel**

These guidelines are subject to change based on conditions in certain countries and/or states.

Stay at home for **14 days** from the time you returned home from international travel.

During this 14 day period, take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school.
3. Do not take public transportation, taxis, or ride-shares.
4. Keep your distance from others (about 6 feet or 2 meters)

**OR**

Receive a negative COVID-19 test result **5 days** or more after returning.

\*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).

COVID-19 information is rapidly changing, for up-to-the-date information on COVID-19 visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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 health dept. rule, 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](http://cdc.gov) for more information about cloth face coverings.
- **Get a seasonal flu vaccine**