

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 (10/14/20)

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

* If individual has a new loss of taste and/or smell that cannot be attributed to something else, treat as if the individual is Covid Positive. Please note that a loss of taste and smell is not a symptom of the Delta Variant.

Isolation Guidelines- If Tested

1. May give directions on where individual can be tested, but testing cannot be required. If individual chooses to get tested then (See further below if individual does not get tested)

2. 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

3. Negative:

Stay home and away from others until **a full 24 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.**

- Return with doctor's note if symptoms are still present.

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.

4. **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. Please note that the Delta variant may not have the symptoms of loss of taste or smell.**
5. 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 hours after fever has resolved without fever reducing medication and all symptoms have fully resolved.**

6. 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. We now accept PCR and Antigen tests, including Home Tests. Individual should be advised to send a screen shot of test results. We do not accept antibody tests.

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

Close Contact with Someone Who Tested Positive for Covid-19

Someone who was within 3 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.

Isolation Guidelines:

1. Exposed individual may remain on campus as long as they don't have symptoms. Close contacts are encouraged to wear a mask for 10 days. Students who are close contacts may choose to quarantine. Students who have been asymptomatic since exposure may return at any time. If they do develop symptoms see #2 and #3. Teachers should return to work with a mask for 10 days unless they develop symptoms. **All close contacts should not test until the 6th day after exposure.**
2. If mild to moderate symptoms develop, and/or the individual tests positive the sixth day after exposure, continue or begin quarantine and 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 if patient is severely immunocompromised.
3. If mild to moderate symptoms develop, and individual tests negative the sixth day after exposure, return on the eighth day after exposure but only if symptoms are resolved. If symptoms are not resolved, return 10 days from date symptoms developed. (Updated 9.13.21)
4. If mild to moderate symptoms develop, and individual does not test, return ten days from time of exposure but only if symptoms are resolved. If symptoms are not resolved, return 10 days from date symptoms began.

International Travel

Due to new federal regulations requiring all international travelers to have a negative Covid-19 test before returning to the United States, we are no longer requiring people to quarantine upon return from international travel.

*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. Great Hearts recognizes that parents have the right to decide whether or not their child will wear a mask to school. Visit [cdc.gov](https://www.cdc.gov) for more information about cloth face coverings.
- **Get a seasonal flu vaccine**