

COVID-19 Protocol School Year 23-24

Objective:

The purpose of this protocol is to guide individuals within the school community on what steps to take when experiencing symptoms associated with COVID-19, positive and negative tests, isolation guidelines, and return to school. Swift and consistent actions are crucial to minimizing the risk of transmission within the school.

1. Recognizing Symptoms:

a. Self-Monitoring:

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.
- All members of the school community should be vigilant about monitoring their health.
- Common COVID-19 symptoms include: fever, cough, shortness of breath, fatigue, muscle or body aches, loss of taste or smell, sore throat, and others as per health guidelines.

2. Immediate Actions:

a. At School:

- Any members of the school community who develops Covid -19 symptoms listed above with or without a known exposure to COVID-19 while at school, must immediately inform a designated staff member in the health office.
- A health office staff member will collect a health history from the individual and perform a temperature check to see if they can return to class or if they need to leave school.

b. Communication:

- Parents or guardians will be immediately notified if a student is displaying symptoms and cannot return to class. Arrangements will be made for the student to be picked up promptly by health office staff and administrative staff.
- Other members of the school community staff, please notify your direct supervisor that the health office has sent you home due to your symptoms and inability to return to work.

3. Isolation

a. Individuals with a positive COVID-19 test result or those experiencing symptoms consistent with COVID-19 should immediately follow this home isolation protocol:

- **Positive:** stay home for at least 5 days from when **symptoms began** and isolate yourself from others in your home as best as possible. You are likely most infectious during these first 5 days. Employees will utilize PTO or sick leave while they are in isolation.

- **Negative:** stay home until feeling better and have been fever free for at least 24 hours without fever reducing medicine(e.i. Tylenol, ibuprofen etc.).

4. Exposure

a. If a member of the school community has had a direct exposure to someone who has confirmed Covid-19, but have not developed any symptoms, isolation is not necessary.

-You can still develop COVID-19 up to 10 days after you have been exposed, please be aware of symptoms if they do develop. Isolation will begin based on your symptom start date.

5. Return to School:

a. **Ending Isolation if positive:**

-You may end isolation at home after day 5 **if:** your symptoms are improving and you are fever-free for 24 hours without the use of fever-reducing medication (e.i. Tylenol, ibuprofen etc.). If you are not improving, continue to isolate.

-**day 6-10:** It is recommended to wear a mask for another 5 days when returning to school. Members of the school community may return to school and resume regular activities if feeling better.

If you have any questions regarding this document, please contact the school nurse Karina Niemczyk RN, BSN, LSN at 952-467-7306 or kniemczyk@isd108.org.