

KISD Health Services Clinic Guidelines COVID-19

Students who present to the clinic with two or more of the following symptoms, should be sent home from school:

- Temperature above 100.0 F (no other symptoms required)
- Sore throat, runny nose, congestion
- **NEW** uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
- Diarrhea
- Vomiting
- Abdominal pain
- Abnormal loss of taste/smell
- **NEW** onset of severe headache (especially with fever)
- **NEW** onset of fatigue

Other factors to consider:

- Has the student had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19
- 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 while the school remains open

Return to School Guidelines (Student with COVID diagnoses) (positive test or clinical diagnosis)

Students who have tested positive for COVID-19 or are presumed to have COVID-19 can return to school when the following conditions have been met:

1. At least 10 days have passed since the onset of symptoms, **AND**
2. Student has been fever free, without the use of fever-reducing medications, for at least 48 hours, **AND**
3. Other symptoms have improved.

Return to School Guidelines (Students under quarantine for exposure to COVID)

Students who are in a quarantine period of 14 days due to a direct exposure to COVID may return to school if the student remains asymptomatic during the quarantine period.

Example:

1. Student A was considered directly exposed to his friend, Student B, who was diagnosed with COVID. This could have been on the bus or during a carpool to school one day. Student A is able to maintain complete separation from Student B because they do not live in the same household. Student A may return to school after 14 days of monitoring at home provided no symptoms arise.
2. Student A lives with his brother, Student B, who was diagnosed with COVID. Because they are unable to completely separate in the home, Student A must stay home until Student B meets the requirements for clearance as described in the section above - Return to School (Student with COVID Diagnosis) AND has successfully completed a 14 day monitoring period.
 - a. Example timeline: Student B begins to have symptoms on Monday, August 3rd and is diagnosed with COVID on Tuesday, August 4th. Student B is fortunate to have resolution of symptoms and fever by day 10 of his illness on Thursday, August 13th. Student A remains home from August 3rd - August 13th **AND**
 - i. begins quarantine/monitoring August 14th - August 27th. *This monitoring period is required even if Student A does not have symptoms on August 13th.* Provided Student A does not develop symptoms, Student A may return to school on August 28th.
 - b. Example timeline: Student B begins to have symptoms on Monday, August 3rd and is diagnosed with COVID on Tuesday, August 4th. **Student A gets tested for COVID and tests negative.** Student B is fortunate to have resolution of symptoms and fever by day 10 of his illness on Thursday, August 13th. Student A remains home from August 3rd - August 13th **AND**
 - i. begins quarantine/monitoring August 14th - August 27th. Provided Student A does not develop symptoms, Student A may return to school on August 28th. **(Notice that testing for Student A does not change the timeline for monitoring after Student B is cleared. Student A is still being exposed in the home while Student A is ill.)**
 - c. Student B begins to have symptoms on Monday, August 3rd and is diagnosed with COVID on Tuesday, August 4th. Student A is able to separate from Student B on Tuesday, August 4th by temporarily living with another family member where he will not be exposed to Student B. Student A will remain in quarantine/monitoring status for 14 days between August 5th - August 19th and can return to school on August 20th.
3. Student A's parent is under quarantine for a direct COVID exposure at work. Student A may continue in-person school activities. If parent becomes symptomatic, Student A will need to quarantine as described in scenario #2.

Keller ISD Health Services COVID-19 Attendance Policy

Date: _____

Student Name: _____

Your child was seen by the nurse and it has been determined that he/she meets the exclusion criteria for COVID-19 with new or worsening symptoms of:

- Temperature greater than 100.0 degrees Fahrenheit
- Cough, shortness of breath or difficulty breathing
- Muscle pain/headache
- Sore throat, runny nose, congestion
- Loss of taste or smell
- Vomiting
- Diarrhea
- Fatigue

Please keep your child home until:

- ALL 3 COVID 19 Exclusion re-entry criteria are met:
 - 48 hours have passed without fever or the use of fever-reducing medication
 - Improvement in symptoms
 - At least 10 days have passed since symptoms first appeared
- OR**
- Submit a medical professional's written clearance to return to school

Date symptoms began: _____ Earliest return date: _____

Follow up date: _____

School Nurse: _____

Contact information: _____

Attendance Clerk:

_____ was sent home on _____ at _____
due to illness. He/she may not return to school until this earliest date: _____

(Unless cleared by a physician's note to return earlier)

Please use this as documentation of an excused illness (COVID) related absence.

Respectfully,

School Nurse

Minimize the Spread of COVID-19 in the Home

Know when to wear a mask:

CDC recommendations for cloth face masks include:

- Sick people should wear a cloth face mask when they are around other people at home and when they go out, including visiting a medical provider
- Caregivers may choose to wear a mask when caring for a sick person but should wear gloves when coming into contact with body fluids
- Children under 2, people with breathing problems and those unable to remove a mask without help should not wear one

Keep yourself safe:

It is important to protect your own health while you take care of someone with COVID-19. Use as many of these CDC-recommended prevention methods as possible to keep from getting infected:

- Limit contact with the sick person
 - Practice social distancing; stay 6 feet away as much as possible
 - Use a separate bedroom and bathroom
 - Discourage visitors, especially those at higher risk
 - Eat in separate rooms or areas
 - Avoid sharing personal items such as dishes, utensils, bedding, electronics (including a cell phone)
- Encourage good airflow in shared spaces
 - Opening windows when weather permits
- Clean and disinfect surfaces and items
 - Wash your hands often and for at least 20 seconds
 - Avoid touching your face
 - Frequently clean and disinfect high-touch surfaces, such as doorknobs and light switches
 - Wear disposable gloves when washing a sick person's laundry (which can be washed with other people's items)
- Monitor your own health
 - Stay home and check yourself for COVID-19 symptoms while you are caring for the sick person
 - Continue to stay home for 14 days after your last close contact with the sick person or 14 days after the sick person meets the criteria to end home isolation

If you begin to experience symptoms of COVID-19, contact your healthcare provider.