



## Health & Safety for the 2022-23 School Year What to Expect

Dear Students & Families,

We are excited to welcome students and staff back to school this fall. It feels like we've turned a corner as it relates to COVID so we're all feeling a bit more relaxed and excited! However, COVID and other communicable diseases are still around so we'd like to share some basic guidelines that will help to reduce the spread of these types of illnesses. Please follow these guidelines to help all students stay healthy and ready to learn.

Please **DO NOT SEND AN ILL STUDENT TO SCHOOL**. If your student is ill, please **CONTACT THE SCHOOL**.

Based on current ODE recommendations and CDC guidelines, we would like to share the following "symptom-based exclusion guidelines" to minimize their spread & student/staff absences, and make the year fun for all!

Please notify the school if your child is diagnosed with a **CONTAGIOUS DISEASE**, including these: chickenpox, COVID-19, diarrhea caused by E. coli or Salmonella or Shigella, hepatitis, measles, mumps, pertussis, rubella, scabies, tuberculosis, or another disease as requested. The school will protect your private information as required by law. [OAR 333-019-0010; ORS 433.008.]

### **Symptom-Based Exclusion Guidelines**

Students and staff must be excluded from the school setting if they are in the communicable stages of a school-restrictable disease. Symptoms which commonly indicate a communicable disease are listed below.

Students and staff should be excluded from the school setting if they exhibit:

**\*PRIMARY SYMPTOMS OF COVID-19:** fever, cough, difficulty breathing or shortness of breath and loss of taste or smell.

• **If 2+ primary symptoms, MAY RETURN AFTER**

- o Following applicable symptom-based guidance, if COVID-19 test is negative
- o Following applicable symptom-based guidance AND minimum 5-day isolation, if COVID-19 test is positive OR if not tested

1. **\*FEVER:** a measured temperature equal to or greater than 100.4°F orally.
  - **MAY RETURN AFTER** fever-free for 24 hours without taking fever-reducing medicine.

2. **\*COUGH:** persistent cough that is not yet diagnosed and cleared by a licensed healthcare provider OR any acute (non-chronic) cough illness that is frequent or severe enough to interfere with participation in usual school activities.
  - MAY RETURN AFTER symptoms improving for 24 hours (no cough or cough well-controlled.)
3. **\*DIFFICULTY BREATHING OR SHORTNESS OF BREATH** not explained by situation such as exercise: feeling unable to catch their breath, gasping for air, breathing too fast or too shallowly, breathing with extra effort such as using muscles of the stomach, chest, or neck.
  - MAY RETURN AFTER symptoms improving for 24 hours.
  - This symptom is likely to require immediate medical attention.
4. **\*NEW LOSS OF TASTE OR SMELL**
  - MAY RETURN per guidance for 2+ primary COVID-19 symptoms.
5. **HEADACHE WITH STIFF NECK AND FEVER.**
  - MAY RETURN AFTER fever-free for 24 hours without taking fever-reducing medicine AND symptoms resolve.
  - This combination of symptoms may indicate a serious condition. Advise student's guardian to seek medical attention.
6. **DIARRHEA:** three or more watery or loose stools in 24 hours OR sudden onset of loose stools OR student unable to control bowel function when previously able.
  - MAY RETURN AFTER 48 hours after diarrhea resolves OR after seen and cleared by a licensed healthcare provider or LPHA for specific diarrheal diagnoses.
7. **VOMITING:** at least 1 episode that is unexplained.
  - MAY RETURN AFTER 48 hours after last episode of vomiting OR after seen and cleared by a licensed healthcare provider.
8. **SKIN RASH OR SORES:** new rash (\*infectious) not previously diagnosed by a health care provider OR rash increasing in size OR new unexplained sores or wounds OR draining rash, sores, or wounds which cannot be completely covered with a bandage and clothing.
  - MAY RETURN AFTER rash is resolved OR until draining rash, sores or wounds are dry or can be completely covered OR after seen and cleared by a licensed healthcare provider.
9. **EYE REDNESS AND DRAINAGE:** unexplained redness of one or both eyes AND colored drainage from the eyes OR eye irritation accompanied by vision changes OR symptoms such as eye irritation, pain, redness, swelling or excessive tear production that prevent active participation in usual school activities.
  - MAY RETURN AFTER symptoms resolve OR after seen and cleared by a licensed healthcare provider.
  - Eye redness alone, without colored drainage, may be considered for attendance per CDC guidelines and school nurse assessment.
10. **JAUNDICE:** yellowing of the eyes or skin that is new or uncharacteristic.
  - MAY RETURN AFTER seen and cleared by a licensed healthcare provider.

11. **BEHAVIOR CHANGE:** may include uncharacteristic lethargy, decreased alertness, confusion, or a behavior change that prevents active participation in usual school activities.
- MAY RETURN AFTER symptoms resolve; return to normal behavior OR after seen and cleared by a licensed healthcare provider.
  - These symptoms may indicate a serious condition. Advise student's guardian to seek medical attention.

12. **MAJOR HEALTH EVENT or STUDENT REQUIRING MORE CARE THAN SCHOOL STAFF CAN SAFELY PROVIDE.** May include an illness lasting more than two weeks, emergency room treatment or hospital stay, a surgical procedure with potential to affect active participation in school activities, loss of a caregiver or family member, or a new or changed health condition for which school staff is not adequately informed, trained, or licensed to provide care.
- MAY RETURN AFTER health and safety are addressed.
  - Written instructions from a licensed healthcare provider are likely to be required.
  - Schools must comply with state and federal regulations such as the Americans with Disabilities Act ensuring free and appropriate public education (FAPE). School staff should follow appropriate process to address reasonable accommodations and school health service provision in accordance with applicable laws. End of symptom-based exclusion guidelines.

\*Some children have chronic non-infectious skin conditions—e.g., eczema; they need not be excluded for apparent exacerbations of these conditions.

**COVID VACCINATION:** If you are interested in getting your child vaccinated against COVID, walk-in COVID-19 vaccine pop-ups will be held at the Sisters Fire House in Sisters. It is free and open to adults and children between the ages of 5-14.

The next walk-in is on THURSDAY, September 8<sup>TH</sup>, FROM 2-4PM AT THE SISTERS FIRE HOUSE. You can visit [www.deschutes.org/covid19vaccine](http://www.deschutes.org/covid19vaccine) or call the COVID hotline at 541-699-5109 to learn of other vaccination sites.

#### **MEDICATIONS:**

Please notify the school if your student requires MEDICATIONS during school hours. Follow school protocols for medication at school. If your student's illness requires antibiotics, the student must have been on antibiotics for at least 24 hours before returning to school, and longer in some cases. Antibiotics are not effective for viral illnesses.

Please notify the school if your student has an **UNDERLYING OR CHRONIC HEALTH CONDITION.** We will work with you to address the health condition so that the student can learn. With consent, we may consult with the student's health care provider about the health condition and necessary treatments.

We want to support your student. Please contact us if you have questions or concerns.

Sincerely,

Delaney & Kirstin