

East Windsor Public Schools
School Health Services

Staff sick protocol

- Please check your temperature before coming to school every day, **if you have a fever or feel ill stay home!**
- People with Covid 19 have wide range of symptoms ranging for mild to severe illness. Symptoms may appear between 2-14 days after exposure to the virus. People with these symptoms may have Covid 19:
 1. Fever over 100 degrees or chills
 2. Cough
 3. Shortness of breath or difficulty breathing
 4. Fatigue
 5. Muscle or body aches
 6. Headache
 7. New loss of taste or smell
 8. Sore throat
 9. Congestion or runny nose
 10. Nausea or vomiting
 11. Diarrhea
- This list does not include all possible Covid 19 symptoms. This list will be updated as more information becomes available
- If you are unsure of your symptoms use the CDC symptom tracker to assist you <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>.
- Contact the school nurse in your building if you are unsure if you should come to school
- If you feel ill during the school day, please go to the nurse's office
- At the health office you will be checked by the nurse
- If you are found to have a fever or any other Covid 19 symptoms when the nurse assesses you, you will go home.
- Anyone with a fever will stay home for 24 hours. You may return to work when you are fever free without the use of fever reducing medications and you have no other symptoms. When you return to school please check in with the school nurse in the morning
- If you are home with a fever and you develop other Covid 19 related symptoms please consult your medical provider immediately. Staff with symptoms of Covid 19 and positive test results will have to self-isolate for 10 days counting from your first day of your symptoms. You will follow the below listed protocol *
- If you have been in direct contact with a positive case of Covid 19, you will have to self-quarantine for 14 days and report your self-quarantine to the school nurse
- If someone in your household is positive for Covid 19 you will have to self-quarantine for 14 days and report your self-quarantine to the school nurse
- If you have traveled to any of the hot spots outlined in Gov. Lamont's travel ban: <https://portal.ct.gov/Coronavirus/travel>. you will have to self-quarantine for 14 days.
- If you develop any difficulty breathing when you are home call 911

- See below for CDC recommendations if you are positive for Covid 19. Please consult your school nurse before returning to work

***Persons with COVID 19 who are under isolation**

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation when the following conditions are met. You will use the symptom-based strategy. In rare instances the testing- based strategy will be used.

1). Symptom-based strategy

- At least 10 days have passed *since symptoms first appeared* **and**
- At least 24 hours have passed *since last* fever without the use of fever-reducing medications **and**
- Symptoms (e.g., cough, shortness of breath) have improved

2). Test-based strategy

- Resolution of fever **without** the use of fever-reducing medications **and**
- Improvement in symptoms (e.g., cough, shortness of breath), **and**
- Negative results of an FDA Emergency Use Authorized COVID-19 molecular assay for detection of SARS-CoV-2 RNA from at least two consecutive respiratory specimens collected ≥ 24 hours apart (total of two negative specimens).

Persons that are positive for COVID 19 but do not have symptoms and are self-isolating:

Persons with laboratory-confirmed COVID-19 who have not had any symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions

1). Time-based strategy:

At least 10 days have passed since the date of their first positive COVID-19 diagnostic test assuming you have not subsequently developed symptoms since your positive test. If you develop symptoms, then the symptom-based should be used.

Please note that the recommendations for discontinuing isolation in persons known to be infected with COVID-19 could, in some circumstances, appear to conflict with recommendations on when to discontinue quarantine for persons known to have been **exposed** to COVID-19. CDC recommends 14 days of quarantine **after exposure** based on the time it takes to develop illness if infected. Thus, it is possible that a person *known* to be infected could leave isolation earlier than a person who is quarantined because of the *possibility* they are infected.

- Before returning to work all employees will consult their school nurse
- Please be aware some testing sites do take longer for test results to return than others always ask if the testing site offers the test that returns results 2 days.

- Again, note this protocol can change at anytime as CDC and the State Of CT provide more updates and guidelines.