

East Windsor Public Schools School Health Services

Student sick protocol

If your child is sick, keep him/her 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. New loss of taste or smell
 5. Chills
 6. Fatigue
 7. Muscle or body aches
 8. Headache
 9. Sore throat
 10. Congestion or runny nose
 11. Nausea or vomiting
 12. Diarrhea
- If your child has **Covid 19 symptoms** at school the nurse will assess your child and determine if he/she must isolate and test
- If your child is ill with Covid 19 symptoms at school your child will be required to be picked up from school within 30 minutes of a phone call made to you!
- Contact the school nurse in your building if your child is ill at home.
- If you child is home and has difficulty breathing call 911

Vaccinated students

Your child has Covid 19 symptoms

Test immediately and again 24 hours later if using a home test

- Test negative– Can return to school once fever free for 24 hours without the use of fever reducing medication and other symptoms have improved.
- Test positive - Self-isolate for 5 days since the onset of symptoms or positive test. Return on day 6 only if student has been 24 hours fever free without fever reducing medication and when Covid symptoms are significantly improved. **Students must wear a mask day 6 through day 10 when they return to school. It can be removed on day 11.**

- No test – Stay home self-isolate for 10 days since the onset of symptoms and until 24 hours have passed without a fever and the use of fever reducing medication and the improvement in all other symptoms.

School nurses do not do contact tracing

If you know your child is a close contact to a person diagnosed with Covid 19 but has no symptoms your child should:

- Test on day 5 after last exposure and test again 24 hours after first test if using a home test. – Day 0 is the day of exposure. You may remain in school while awaiting test results
- Test positive: Self-isolate for 5 days since the onset of symptoms or positive test. Return on day 6 only if student has been 24 hours fever free without fever reducing medication and when Covid 19 symptoms are significantly improved. **Students must wear a mask day 6 through day 10 when they return to school. It can be removed on day 11.**

Unvaccinated students and have not tested positive for Covid in 90 days

Your child has Covid 19 symptoms

Test immediately and again 24 hours later if using a home test

- Test negative: – Self-isolate and test. Can return to school after 2 negative home tests 24 hours apart and as long as student has been 24 hours fever free without fever reducing medication. Covid symptoms must have improved
- Test positive: Self-isolate for 5 days since the onset of symptoms or positive test. Return on day 6 only if student has been 24 hours fever free without fever reducing medication and Covid symptoms have significantly improved. **Students must wear a mask day 6 through day 10 when they return to school. It can be removed on day 11.**
- No test – Stay home self-isolate for 10 days since the onset of symptoms and until 24 hours have passed without a fever and the use of fever reducing medication and the improvement in all other symptoms

School nurses no longer do contact tracing

If your child is unvaccinated and is a close contact to a person diagnosed with Covid 19 and has no symptoms your child should stay home and:

Test on day 5 after last exposure if negative test again within 24 hours before returning to school **Day 0 is the day of exposure**

- Test negative: return on or after day 6 as long as student has had two negative home tests 24 hours apart. Student must be 24 hours fever free without fever reducing medication and Covid symptoms are improved
- Test positive: Self-isolate for 5 days since the onset of symptoms or positive test. Return on day 6 only if student has been 24 hours fever free without fever reducing medication and when

Covid symptoms have significantly improved. **Students must wear a mask day 6 through day 10 when they return to school. It can be removed on day 11.**

In keeping with the new state guidance, we will now accept the results of a rapid antigen test, home test and PCR tests.

Home tests - Students who are ill at school and are being dismissed by the nurse will be sent home with an at home test kit. The kit contains 2 tests. The newest guidelines for using an at home test are to test when you get home with your ill child. If your child tests positive, follow the above protocols. If your child tests negative you will need to retest your child between 24-48 hours after the original test. The school nurse will give you guidance with the retest timing based on your child's symptoms. If the second test is negative, your child can return to school as long as their symptoms have improved and they are fever free for 24 hours without the use of fever reducing medication. If your child becomes ill at home you may call the nurse to pick up an at home test kit at school.

Please email your school nurse with your child's Covid test results prior to their return to school

EWHS - Mystica Davis LPN- hsnurse@ewct.org
BBES - Kathryn Smyrak RN BSN – bbsnurse@ewct.org

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