

East Windsor Public Schools
School Health Services

Student sick protocol

- Please check your child's temperature every day before coming to school! 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. New onset 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 any one of the following symptoms: a fever greater than 100.0 F, chills, shortness of breath/difficulty breathing, a new uncontrolled cough, or loss of taste or smell he/she must stay home. You must contact their pediatrician and have your child tested for Covid 19.**
- **If your child has any one of these symptoms while at school, your child will be placed in the isolation room and he/she will be required to be picked up from school within 30 minutes of a phone call made to you!**
- **If your child has any 2 of the following symptoms: headache, runny nose, general fatigue, muscle/body aches, sore throat, nausea/vomiting or diarrhea, dismissal may be recommended under the nurse's professional assessment. If your child is dismissed please consult your medical provider and provide a clearance note for your child to return to school OR the results of a negative PCR Covid 19 test.**
- **If your child is tested for Covid 19 and your child tests positive through a rapid antigen test we can accept those results. However, if your child has symptoms and receives a rapid antigen test with a negative result your child must then receive a PCR test to confirm the test is negative. The best practice is to have a PCR test and then only one test is required. This is our district protocol based on DPH guidelines! Please provide this information to your pediatrician when your child is seen. Your child will not be allowed back to school with from a rapid antigen test that is negative!**

- 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 ill at home.
- If you feel ill during the school day, please go to the nurse's office
- At the health office you will be checked for symptoms and be dismissed accordingly.
- If you are home and have difficulty breathing call 911

The Connecticut Department of Public Health requires adherence to the following self-quarantine and self-isolation processes prior to symptomatic students returning to school.

Scenario 1: **Your child has Covid 19 symptoms but no close contact to a diagnosed positive person**

- Test negative: return to school once there are no symptoms for 24 hours
- Test positive: self-isolate for at least 10 days since the onset of symptoms and until 24 hours fever free without fever reducing medication and when other Covid 19 symptoms have improved.
- No testing - self-isolate for at least 10 days since the onset of symptoms and until 24 hours fever free without fever reducing medication and when other Covid 19 symptoms have improved. Can return to school earlier if obtain note from health care provider with alternate diagnosis

Scenario 2: **Your child has Covid 19 symptoms and close contact to a person diagnosed with Covid 19**

- Test negative: self-isolate for at least 10 days since the onset of symptoms and until 24 hours fever free without fever reducing medication and when other Covid 19 symptoms have improved.
- Test positive: self-isolate for at least 10 days since the onset of symptoms and until 24 hours fever free without fever reducing medication and when other Covid 19 symptoms have improved.
- No testing: self-isolate for at least 10 days since the onset of symptoms and until 24 hours fever free without fever reducing medication and when other Covid 19 symptoms have improved.

Scenario 3: **You have no Covid 19 symptoms but is a close contact to someone diagnosed with Covid**

- Test on day 3-5 after exposure
- Test negative: Can return to school on day 7 if test results are back and you have provided proof of test results to the school nurse. If test results not back before day 7 remain home until test results are received
- Test positive: Stay home for 10 days have passed since date of positive test and symptoms have improved

- No test: Remain home for 10 days from last exposure to the person diagnosed with Covid 19

Please call the school nurse prior to your child's return to school and provide a copy of his/her Covid 19 testing or clearance note upon their return