

NURSE'S OFFICE NOTES

Please review this important information regarding monitoring for potential COVID-19 infection and prevention of spread.

STUDENT ABSENCE

Per our handbook, "Student absences must be reported to the school office (815/459-0496) before 8:00 a.m. Parents will be contacted if no notification is received. A report may be left on the school's voice mail system but please do not use e-mail for reporting absences. All contagious illnesses must be reported to the school as soon as possible."

COLD AND ALLERGY SEASON AND SYMPTOMS

- As we head into Cold and Allergy Season, we need to be even more vigilant regarding sick symptoms.
- As seen below, many COVID symptoms can seem like cold and allergy symptoms.
- Even if a student has their typical symptoms, when in doubt, please take precautions to keep your child home with any symptoms.
- It is well documented that children do not often have symptoms of COVID or when they do, it is not as severe or the same as when seen in adults.

STS PROTOCOL FOR COVID-19 EXPOSURE AND/OR DIAGNOSIS

- STS follows the ISBE, IDPH, MCDH and CDC guidelines for students suspected of having COVID-19.
- We will track all students who have been exposed to a suspected or confirmed COVID-19 case or who are a suspected or confirmed COVID-19 case themselves. Suspicion may be dependent on symptoms alone. Tracking includes a check-in with school administration upon returning to verify that the student is symptom free and has met the criteria for isolation and/or quarantine.
- STS will be required to report all COVID-19 diagnoses to the Diocesan Catholic Education Office and the McHenry County Health Department.
- As soon as STS is notified of a positive COVID-19 case in staff or student body, we will work with the Diocesan Catholic Education Office and the MCDH on required procedures to ensure the health and safety of the STS community.

DAILY HOME SELF CHECK FOR KNOWN SYMPTOMS OF COVID-19

- Fever of 100.4° F or greater
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache (not due to a chronic condition)
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or Vomiting
- Diarrhea

Individuals exhibiting one or more of the above symptoms should stay home. Additionally, anyone who demonstrates any of these symptoms while at school will be separated from others. In the case of a student, a parent or guardian will be contacted right away to come pick them up.

TRANSPARENCY AND TRUST

The safety of our Students, Staff, and Families is built on Trust. We are asking everyone to be mindful of COVID exposure, travel precautions (as outlined by the health departments and the CDC), and our current in-person school plan. It is imperative to understand that your exposure or symptoms will not only affect your family but also your STS family. In addition, we must be mindful that any symptom listed above could potentially be COVID, until proven otherwise by means listed below. Please report any household members with possible COVID-19 symptoms, COVID exposures, pending COVID-19 tests and/or positive COVID-19 tests. Trust goes both ways, and the school staff will follow these same guidelines. **Please remember that being fully vaccinated does not always confer full immunity. Please continue to mask, wash hands, and maintain distance.**

SCHOOL EXCLUSION GUIDANCE

Everyone must understand the importance of following the IDPH school exclusion timelines, updated 3/15/21. For a complete chart, please visit: [PowerPoint Presentation \(isbe.net\)](https://www.isbe.net)

Note: Close contact, according to the CDC, is defined as being within 6-feet of another person for longer than a cumulative of 15 minutes.

In Summary, we will abide by certain criteria for return to school after an illness or symptoms. One of the following must be met before returning to school:

- A negative Polymerase Chain Reaction (PCR)
 - This is the only method of testing approved by the Diocese
 - Typically, your pediatric provider will order these tests
 - If you are unsure where to obtain these tests, the McHenry County DPH will provide this testing
 - Rapid testing is meant for screening and is often not as accurate or sensitive as a PCR.
- A doctor or nurse practitioner evaluation to determine an alternative diagnosis as cause for the symptoms.
 - A signed letter/note from the provider with the alternative diagnosis and a statement that there is no clinical suspicion of COVID-19.
- Quarantine in accordance with the IDPH guidelines
 - The school nurse will give you guidance on the number of days of quarantine based on your circumstance.
 - Quarantine also applies to Travel Precautions in accordance with the Diocesan Guidelines.
 - Quarantine is also necessary while awaiting results of a test or to get in to see the provider.

Please provide any required documentation to the office or the school nurse (on paper or by e-mail).

If there are any other questions, please feel free to e-mail or call. (Note that I am only in the office on Monday-Wednesday.)

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*Every Nurse ought to be careful to wash her
hands very frequently during the day.*

Florence Nightingale