

JMCSS PARENT INFORMATION

As we prepare to welcome students back to school, we need your help! We are trying to create the safest environment possible and we need everyone's cooperation including parents, students, and staff. To do this please follow our new safety and health guidelines.

- **BEFORE SCHOOL EACH DAY**- Observe your child for any signs of illness and ask yourself these questions:
 1. Has my child been in close contact with a confirmed case of COVID-19 within the past 14 days? (close contact is less than 6 feet for more than 15 minutes)
 2. Is there someone in the home diagnosed with COVID-19, have symptoms of COVID-19, waiting on a COVID-19 test result or asked to quarantine at home?
 3. Does my child have a cough, shortness of breath, sore throat, or stomach symptoms?
 4. Has my child had a fever in the last 48 hours?
 5. Has my child had a new loss of taste or smell?
 6. Has my child had any vomiting or diarrhea in the last 24 hours?

IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS, PLEASE KEEP YOUR CHILD AT HOME.

We recommend that you take your child's temperature each morning. If they have a temperature of 100° F or greater, do not send them to school. Do not give your child a fever reducing medication before sending them to school.

- **UPON ARRIVAL EACH DAY:** Be sure your child had their mask on correctly. Your child will have their temperature taken and if the temperature is 100° F or greater they will be sent to an isolation area. Your child's temperature will be taken again and if the temperature is still elevated your child will need to be picked up immediately. You will have 1 hour to have your child picked up. We must protect all children and staff; therefore, we cannot allow anyone with a temperature or symptoms listed above to remain at school. We need your assistance in this matter.
- Hand hygiene is a priority! Handwashing and/or the use of alcohol-based hand sanitizers will be used often during the school day - Upon arrival to school, before and after eating, before and after PE/Recess, after restroom breaks, at dismissal and other times when students are moving to other locations within the school.
- We have an updated illness guide to assist you in knowing when to send your child to school and when to keep them at home. We encourage you to ensure your child has a healthcare provider to help keep your child healthy!

Thank you for doing your part in protecting all our students and staff!

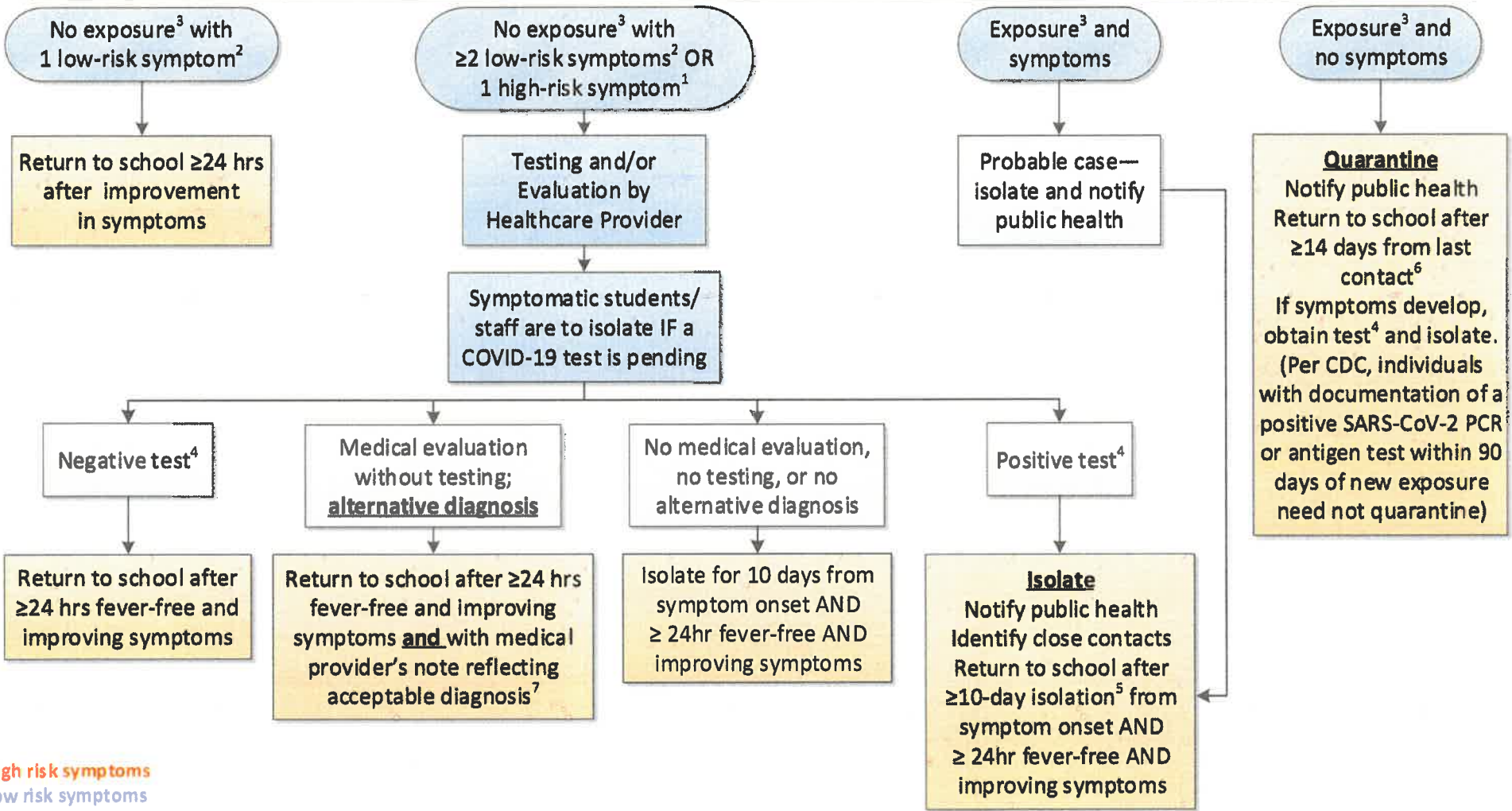
JMCSS ILLNESS GUIDELINES

Symptom/ Illness	Should <u>NOT</u> attend school/work:	May attend school/work when:
Fever	<ul style="list-style-type: none"> • Temperature at 100°F or above • Student unable to participate in school activities as determined by staff 	<ul style="list-style-type: none"> • Temperature below 100°F <u>without the use of a medicine that reduces fever</u> (such as Advil or Tylenol) for 24 hours
Conjunctivitis (Pink Eye)	<ul style="list-style-type: none"> • Eye redness, itching, irritation, swelling in one or both eyes • Thick and purulent (pus) discharge • Matted eyelashes 	<ul style="list-style-type: none"> • <u>Bacterial Conjunctivitis</u> – after 24 hours of starting antibiotics drops • <u>Viral Conjunctivitis</u> – note from the doctor stating “no longer contagious”
Cough	<ul style="list-style-type: none"> • Frequent, uncontrollable, disruptive • Temperature at 100°F or above 	<ul style="list-style-type: none"> • Infrequent, non-disruptive • Temperature below 100°F <u>without the use of a medicine that reduces fever</u> (such as Advil or Tylenol) for 24 hours
Diarrhea or Vomiting	<ul style="list-style-type: none"> • Diarrhea/vomiting occurs within 24 hours of school start time 	<ul style="list-style-type: none"> • Free from diarrhea/vomiting for > 24 hours • Able to tolerate regular food • Temperature below 100°F <u>without the use of a medicine that reduces fever</u> (such as Advil or Tylenol) for 24 hours
Pediculosis (Head Lice)	<ul style="list-style-type: none"> • Live lice are present 	<ul style="list-style-type: none"> • Proof of treatment is provided <u>OR</u> • Release from doctor or examination by the school nurse confirming lice-free
Rash or Skin Infection	<ul style="list-style-type: none"> • Rash or signs of skin infection that have not been seen by a doctor • Temperature at 100°F or above 	<ul style="list-style-type: none"> • Rash-free or written release from doctor • After 24 hours on antibiotics/antifungals for skin infection • Temperature below 100°F <u>without the use of a medicine that reduces fever</u> (such as Advil or Tylenol) for 24 hours
Sore Throat	<ul style="list-style-type: none"> • Sore throat with swollen lymph nodes, headache, nausea and/or fever • Positive culture for Strep throat 	<ul style="list-style-type: none"> • Resolution of accompanying symptoms at least 24 hours. • Temperature below 100°F <u>without the use of a medicine that reduces fever</u> (such as Advil or Tylenol) for 24 hours • 24 hours on antibiotics if positive for Strep

JMCSS ILLNESS GUIDELINES

Symptom/ Illness	Should <u>NOT</u> attend school/work:	May attend school/work when:
Chickenpox (Varicella)	<ul style="list-style-type: none"> • Itchy pink/red rash with small fluid-filled blisters • Temperature at 100°F or above 	<ul style="list-style-type: none"> • All lesions are crusted over and dry with no new lesions, usually 5-7 days • Temperature below 100°F <u>without the use of a medicine that reduces fever</u> (such as Advil or Tylenol) for 24 hours
Influenza (Flu) or Flu-like Illness	<ul style="list-style-type: none"> • Temperature at 100°F or above • Chills • Cough • Muscle/body aches • Sore throat, runny or stuffy nose • Headache • Fatigue (tiredness) • Vomiting/diarrhea 	<ul style="list-style-type: none"> • Temperature below 100°F <u>without the use of a medicine that reduces fever</u> (such as Advil or Tylenol) for 24 hours • Symptoms improving for 24 hours <u>OR</u> clearance from healthcare provider
Positive Test or Symptoms of COVID-19	<p><u>Positive Test -CANNOT Attend school until cleared by Health Department</u></p> <p><u>Symptoms of COVID-19 with one or more symptoms:</u></p> <ul style="list-style-type: none"> • Fever (cannot attend with temp 100°F or greater) • Cough • Shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • New loss of taste or smell • Sore throat, congestion, runny nose • Nausea or vomiting, diarrhea 	<ul style="list-style-type: none"> • 10 days have passed since symptoms first appeared, at least 24 hours symptom free and clearance for attendance by Health Department <p><u>OR</u></p> <ul style="list-style-type: none"> • Note of release from healthcare provider with alternative diagnosis
Known exposure to close contact who tested positive or has probable case of COVID-19	<ul style="list-style-type: none"> • Exposure to close contact (within 6 feet for at least 15 minutes) or living in same household (from 2 days before symptom onset or positive test, if asymptomatic) • Consult healthcare provider or local health department for specific guidance 	<ul style="list-style-type: none"> • Home isolation complete for <u>14 days</u> after last exposure to close contact • No symptoms of COVID-19 have developed during the home isolation period

Public Health COVID-19 Return to School Decision Support Algorithm – Symptoms of COVID-19 include the following: **new cough, difficulty breathing, loss of taste or smell, fever (>100.4°F)¹**, congestion, runny nose, nausea, vomiting, diarrhea, sore throat, headache, myalgia²



¹High risk symptoms

²Low risk symptoms

³Exposure defined as within 6 feet of a case for ≥15 minutes.

⁴"Test" refers to SARS-CoV-2 PCR. Negative antigen or antibody tests are not approved for return to school.

⁵Consult CDC guidance if severely ill or immunocompromised.

⁶Consult CDC guidance if household contact.

⁷Examples of acceptable diagnoses would include fever due to urinary tract infection, strep throat confirmed by a positive strep test, rash from poison ivy, etc. Diagnoses of respiratory and viral conditions such as allergic rhinitis, seasonal allergies, upper respiratory tract infection (URI), pneumonia, pharyngitis without positive strep test, viral illness, etc., **DO NOT** exclude the diagnosis of COVID-19 and **DO NOT justify return to school**.

Protocol for Schools Assisting Public Health with Close Contact Identification for COVID-19 Cases

Student or staff with **POSITIVE TEST¹** for novel coronavirus or designated as a "Probable Case" by Public Health

Student/staff* AND household contacts** immediately excluded from school for the duration of their assigned isolation or quarantine period as determined by public health

Work quickly to identify close contacts:
Students/staff with close contact with the positive individual:
Exposure at any time from 48 hours before through 10 days after symptoms developed **AND**
Within 6 feet **AND**
Contact ≥ 15 minutes

Districts may assist by **immediately** notifying their local health department and providing a list of identified close contacts

CONSIDER

Classroom contacts seated within 6 feet in the front, side, and back of student

Lunch contacts within 6 feet for ≥ 15 minutes

Free period contacts within 6 feet for ≥ 15 minutes

Transportation contacts within 6 feet for ≥ 15 minutes

Sports team or extracurricular contacts within 6 feet for ≥ 15 minutes

Schools **MAY** exclude students/staff at their discretion
ONLY the Health Department will determine which students/staff should be quarantined or isolated**

Districts may consider sending parent letters and handouts available on the TDH Education Resource Page <https://www.tn.gov/health/cedep/ncov/educational-resources.html>

*Student/staff with a positive test¹ will be instructed by public health to isolate at home and may return to school after a minimum 10-day isolation² from the onset of symptoms (or date of positive test, if asymptomatic) AND resolution of fever for ≥ 24 hours (without fever-reducing medication) AND improving symptoms

**Individuals who are determined to be close contacts will be instructed by public health to quarantine at home and may return to school after at least 14 days from the last known exposure to the infectious contact. (Quarantine of household contacts of infectious individuals may extend beyond this 14-day period). See <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

¹"Test" refers to SARS-CoV-2 PCR or rapid antigen test (NOT antibody)
²Individuals with severe illness or who are immunocompromised may require isolation of up to 20 days. Consult CDC guidance <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

What Happens When A Case of COVID-19 Is Identified in My Child's School?

- Your child's school may elect to partially or completely close while close contacts (people who were within six feet for ≥ 15 minutes) of the sick person are identified and quarantined
- Your child's school should contact anyone who has been identified as a close contact to instruct them to quarantine at home for 14 days
- Your school should carefully clean areas that were exposed to the sick individual, according to CDC and EPA guidelines prior to re-opening the affected areas (<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>)

Will the Department of Health Contact Me?

- You may receive a call from a representative of the Department of Health if your child has been identified as a close contact of someone with COVID-19. They will explain quarantine guidance and answer your questions

What Are the Symptoms of COVID-19?

- Common symptoms include fever, cough, shortness of breath, diarrhea, abdominal pain and loss of smell or taste.
- If your child or anyone else in your family develops these symptoms, contact their medical provider

Should My Child Be Tested?

- Unless your child has symptoms of COVID-19, testing is not routinely recommended

Will My Child Get COVID-19?

- While the SARS-CoV-2 virus that causes COVID-19 does not cause illness in every person it infects, it is highly contagious.
- If your child is a close contact of someone with COVID-19, your child is at risk of getting sick for up to 14 days from the time of their last exposure to the person with COVID-19. Your child will also need to quarantine at home for that 14-day period
- If your child is not a close contact of someone with COVID-19, their chance of becoming ill is very low

Always Practice Healthy Habits

- Follow all the appropriate social distancing recommendations.
- Avoid being with the elderly and other individuals at high-risk for complications from COVID-19
- Wear a cloth face covering in public settings where other distancing measures are difficult to maintain
- Cover coughs and sneezes with your elbow or a tissue
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub
- Clean and disinfect objects and surfaces regularly, including your phone

Learn More:

www.tn.gov/health/cedep/ncov

www.cdc.gov/coronavirus/2019-ncov

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/decision-tool.html>

If your child has been exposed to someone with COVID-19,
follow the steps below to quarantine your child and avoid spreading the disease to others:

What Do I Do If I Have Been Notified That My Child Was Exposed to COVID-19?

- If your child was within six feet of an individual with COVID-19 for ≥ 15 minutes, your child must **QUARANTINE AT HOME** for 14 days from the time of their last exposure to that person.
- Your child **MAY NOT** return to school, school activities, childcare or work and is to avoid elderly and other high-risk individuals and public places during quarantine.
- Your child should not leave the home except to obtain medical evaluation.
- If there is no choice but to leave the home, your child should wear a cloth face covering and remain at least six feet from others.
- Your child does NOT need to be tested for COVID-19 unless your child develops symptoms.
- A negative COVID-19 test **DOES NOT** change the length of quarantine.

Will the Department of Health Contact Me?

- You may receive a call from a representative of the Department of Health. They will explain quarantine guidance and answer your questions.
- If you have additional questions, contact your local health department.

When Can My Child Go Back to School?

- Your child must quarantine at home for **14 days** from the time of their last exposure to the person with COVID-19.
- Your child **MAY NOT** go to school, school activities, childcare or work and is to avoid public places for 14 days.

Will My Child Get COVID-19?

- While the SARS-CoV-2 virus that causes COVID-19 does not cause illness in every person it infects, it is highly contagious. Your child is at risk of getting sick for up to 14 days from the time of their last exposure to the person with COVID-19.
 - Watch for fever, cough, shortness of breath, diarrhea, abdominal pain and loss of smell or taste. If your child develops symptoms of COVID-19, call your child's medical provider
 - If your child needs medical attention, call your medical provider or hospital before you arrive and tell the provider that your child was exposed to COVID-19
- Your child does NOT need to be tested for COVID-19 unless your child develops symptoms.

Always Practice Healthy Habits

- Follow all the appropriate social distancing recommendations.
- Wear a cloth face covering in public settings where other distancing measures are difficult to maintain.
- Cover coughs and sneezes with your elbow or a tissue.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Clean and disinfect objects and surfaces regularly, including your phone.

Learn More: www.tn.gov/health/cedep/ncov or www.cdc.gov/coronavirus/2019-ncov