Wellness Committee Update

Parents,

Thank you again for all of the support with our COVID policy and procedures. We thought it would be helpful to provide guidance on “when to quarantine.” Note that all of our information we share is in accordance with the current Center for Disease Control recommendations.

“Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People who have been in close contact with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months- should quarantine” (CDC, 2020).

If a family member or someone living in the same house is being tested for COVID 19, due to experiencing symptoms of COVID 19, then any students in that house should quarantine until the results have returned. This is suggested because if the person with symptoms is positive, then the students would be considered a close contact and quarantine guidelines would apply. The great news is, at most, it is 3-5 days for results around this area, or sooner.

Please review our fever protocol:

If your child has a fever, they are required to stay home until your child’s temperature is below 100.0 without the aid of a fever reducer for 24 hours. If the student is diagnosed with Covid, the student must remain quarantined for 14 days. If you bring your child to the doctor and the doctor provides a note that the fever is due to non Covid related issues like Strep or an ear infection, the child may return sooner. If a child has a fever and is suspected of having Covid, the family must keep all siblings at home as well. Any child kept home for health reasons or as a precautionary measure will not be counted as absent for disciplinary purposes

The CDC recommends a child should not return to school until fever free for 24 hours without fever reducing medications. Please take into consideration that if your child still has other symptoms (cough, runny nose) they could still be contagious. We would encourage to keep your student home an extra day or two to allow their students' immune system to recover fully before returning so they do not get sick again. As we know, the immune system is down when we have fever.

We have provided a helpful link if you or a family member have been exposed to COVID and have questions regarding quarantine.

<https://eur04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine.html&data=02%7C01%7C%7Cc1904fb2fe1346e9ed2b08d8704081fb%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637382769639101088&sdata=HCUp9TKku9Oo22tKtFlKbAxdp2wmWJ5H33%2BXXkxKcp8%3D&reserved=0>

Thank you again and please reach out with questions or concerns!

Blessings,

The Wellness Committee

Chair Contact numbers:

Jacqueline Wolk 573-535-1676

Sara Taylor 701-793-0766

Sara Vogt 314-363-1025