

GreatHearts[®]

Health Policy for Students and Staff

A scholar or staff member who is sick will not be able to perform well in school or after-school activities and is likely to spread the illness to other students and staff. We suggest making a plan for childcare ahead of time so you will not be without a comforting place for your child to stay if they are ill.

- We respectfully ask that you or your designee pick your child up **as soon as possible** or within **one hour** of being notified that your child is sick and needs to go home.
- We ask this to prevent the spread of illness to our faculty, staff, and other students.

Call your healthcare provider for advice if you are unsure about your child's illness. You can always bring your child to school a little late if your child's healthcare provider states it is safe to attend school. When it comes to your child's health and the health of all the other children, faculty, and staff at school, it is better to be safe.

Please see the below symptom guidelines for keeping students/staff home and when to return to school:

<u>Fever</u>	<p><i>Stay Home:</i> Temperature of 100.0 degrees Fahrenheit or higher. *</p> <p><i>Return to School:</i> Must be fever free, without taking fever reducing medication, for 24 hours before returning to school. Unless presenting with respiratory or COVID-19 symptoms, see below.</p> <p>*Many authorities use either 100.0 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person (CDC 4/2020).</p>
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<p><u>Fever with Respiratory Symptoms</u></p>	<p>If you have a fever and respiratory symptoms and have tested negative for COVID-19, you should: Stay home and away from others until 72 hours after your fever and symptoms of respiratory infection are gone, without using fever-reducing medications. Once symptoms have been gone for 72 hours, you can resume normal activities (Maricopa County Dept. of Public Health 5/27/20).</p>
<p><u>Cough</u></p> <p><i>Mild infrequent cough</i></p> <p><i>Productive cough</i></p> <p><i>Coughing that won't stop -- or anything different about your child's breathing</i></p>	<p><i>Come to School:</i> A person with a <u>mild infrequent cough</u>, stuffy nose with clear drainage, and sneezing may go to school if able to take part in school activities.</p> <p><i>Stay Home:</i> A frequent, moist, productive cough, chest congestion, and/or nasal discharge that is not clear in color may be contagious and require treatment and rest at home.</p> <p><i>Stay Home:</i> Difficult or rapid breathing, and wheezing (if associated with difficult breathing). Uncontrolled coughing not only makes it hard to learn or play, it also warrants a call to the doctor, as does breathing that sounds or looks different from usual breathing.</p>
<p><u>Sore throat</u></p>	<p><i>Stay Home:</i> With a fever and/or swollen neck glands.</p> <p><i>Return to School:</i> Individual with a positive strep test may return to school after 24 hours of antibiotics. Notify health office staff of a positive strep test.</p>

<p><u>Vomiting/diarrhea</u></p>	<p><i>Stay Home:</i> Persons with vomiting and/or diarrhea will not be able to attend school or remain at school.</p> <p><i>Return to School:</i> 24 hours after last incidence of vomiting and/or diarrhea.</p>
<p><u>Eyes</u></p>	<p><i>Stay Home:</i> Thick mucus or pus draining from the eye may be pink eye. With pink eye you may see white or yellow discharge, matted eyelids after sleep, eye pain, redness or itching.</p> <p><i>Return to School:</i> Must receive 24 hours of antibiotics before returning to school. Notify the health office if diagnosed with pink eye.</p>
<p><u>Rash</u></p>	<p>Undiagnosed, new and/or untreated rash or skin conditions. Follow up with a healthcare provider to determine that the illness is not a communicable disease.</p>
<p><u>Lice</u></p>	<p>May not return to school until treated for infestation and are <u>free of LIVE lice</u>. A visual inspection of the hair by school personnel is required prior to re-admittance. Inspection will be done privately and with respect. Notify the health office of individual with lice.</p>
<p><u>Flu</u></p>	<p><i>Stay Home:</i> Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:</p> <ul style="list-style-type: none"> • Fever or feeling feverish (it's important to note that not everyone with flu will have a fever) • Chills • Cough, • Sore throat • Runny or stuffy nose • Muscle or body aches • Headaches • Fatigue (tiredness)

	<ul style="list-style-type: none"> • Some people may have vomiting and diarrhea which is more common in children than adults <p>Notify the health office of a positive flu test.</p> <p><i>Return to School:</i> Must be fever free, without taking fever reducing medication, for 24 hours before returning to school. A fever is defined as 100°F (37.8°C). *</p>
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<p><u>COVID-19</u></p>	<p>People with COVID-19 may have no symptoms or present with a wide range of symptoms ranging from mild to severe illness.</p> <p>Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:</p> <ul style="list-style-type: none"> • Cough • Shortness of breath or difficulty breathing • Fever • Chills • Muscle pain • Sore throat • New loss of taste or smell <p>This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.</p> <p>You can check your symptoms using the CDC Coronavirus Self-Checker tool.</p> <p>If student/staff have any of these symptoms, they should stay home and contact a health care provider for advice.</p> <p>If you have tested positive for COVID-19, you should: Stay home and away from others for 10 days after your COVID-19 testing</p>
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AND 72 hours (3 days) after your fever (100.0) and symptoms of respiratory infection are gone, without using fever-reducing medications. Once these conditions are met, you can discontinue home isolation and resume your normal activities. (Maricopa County Dept. of Public Health 5/27/20). Notify the health office of a positive COVID-19 test. *

If you have a fever and respiratory symptoms and **have NOT tested positive** for COVID-19, you should: Stay home and away from others until **72 hours after your fever (100.0 F.)** and symptoms of respiratory infection are gone, without using fever-reducing medications. Once symptoms have been gone for **72 hours**, you can resume normal activities. (Maricopa County Dept. of Public Health 5/27/2020).

If you have the following symptoms or combinations of symptoms and have not been tested for COVID-19 you may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated Shaking with chills
- Muscle Pain
- Headache
- Sore throat
- New loss of taste or smell

Stay Home: Away from others or under isolation precautions until you have had no fever for at least 3 days (72 hours) without the use of medicine that reduces fevers AND other symptoms have improved AND at least 10 days have passed since symptoms first appeared (AZ Dept. of Health 6/1/2020).

Exposure to Someone with COVID-19:
Household Contacts: *Living with Someone with COVID-19 or with Respiratory Illness*

If you live in the same home as someone who has tested positive for COVID-19 OR someone who

has symptoms of a new respiratory infection, such as cough or shortness of breath (not allergies or asthma), you should stay at home and away from others (quarantine) for 14-days after the last time you had close contact with the sick person in your household. Close contact is being within 6 feet of the person for 10 minutes or more.

You will be asked to quarantine for 14-days because that is the maximum time period from the day a person is exposed to an infected person to when symptoms appear for COVID-19. If you do not have any symptoms after the 14-day period, you can continue with your daily activities such as going to work, school, or other public areas. (Maricopa County Dept. of Public Health 5/27/20).

Exposure to Someone with COVID-19 Close Contact: Stay home until 14 days after your last exposure. Check temperature twice a day and watch for symptoms of COVID-19. If possible, stay away from people who are at higher-risk for getting very sick from COVID-19 (5/27/20 CDC).

International Travel: *Stay home for 14 days from the time you returned home from international travel.*

During this 14-day period, take these steps to monitor your health and practice social distancing:

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school.
3. Do not take public transportation, taxis, or ride-shares.
4. Keep your distance from others (about 6 feet or 2 meters) (CDC 5/21/20).

COVID-19 information is rapidly changing, for up-to-the-date information on COVID-19 visit

https://www.cdc.gov/coronavirus/2019-ncov/index.html

*Many authorities use either 100.0 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person (CDC 4/2020).

Please note, the school nurse or other school personnel may recommend the use of face masks, if available, for students/staff with respiratory symptoms and/or fever over 100.0 F until they can be picked up from school by a parent/designee. Symptomatic students/staff may be separated from others. Health offices have designated a “sick area/room” for students/staff who become ill while at school.

Communicable Disease Reporting- State Mandated

The state requires that certain communicable diseases are to be reported by the school to the State Health Department who will provide community assistance if necessary. Please notify the health office if your child has been diagnosed with any of the following common communicable diseases: COVID-19, strep throat, pink eye (conjunctivitis), flu, measles, and chicken pox. Refer to the full list of Reportable Communicable Diseases at this website:

<https://azdhs.gov/documents/preparedness/epidemiology-disease-control/communicable-disease-reporting/reportable-diseases-list.pdf>

Calling in Your Child Sick or Absent:

Please provide specific symptoms your child is experiencing such as fever, cough, nausea, etc. Please let us know if the child has seen a doctor or will be seeing a doctor.

What Can I Do to Help Prevent Illness?

- **Stay home when you are sick.** You will help prevent others from catching your illness.
- **Avoid close contact with people who are sick.**
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Cover coughs and sneezes.** Use a tissue to cover coughs and sneezes, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow. Wash hands or use hand sanitizer after coughing/sneezing.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces, especially when someone is ill.
- **Wash hands for 20 seconds.** Washing hands often under clean, running water can help prevent the spread of germs. For more guidance see the [CDC: When and How to Wash Your Hands](#). If you cannot wash your hands, use alcohol-based hand sanitizer with at least 60% alcohol.

- **Masks.** CDC recommends wearing cloth face coverings in public settings where social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. The cloth face cover is meant to protect other people in case you are infected. Cloth face coverings may be fashioned from household items or made at home from common materials. Visit [cdc.gov](https://www.cdc.gov) for more information about cloth face coverings.
- **Get a seasonal flu vaccine**