

Staying Home When Sick or After Exposure

STUDENT SCREENING

*Staying home if sick:

Staying home when sick is one of the most effective ways to minimize the risk of transmission of COVID-19. Both symptom screening and testing are strategies used to identify individuals with COVID-19.

***The identification of COVID-19 symptoms helps to prevent the spread.** You may have COVID-19 if you are experiencing one or more of the following symptoms:

fever or chills	headache
cough	loss of taste or smell
shortness of breath or difficulty breathing	sore throat
fatigue	congestion or runny nose
muscle or body aches	nausea or vomiting
	diarrhea

Symptoms range from mild to severe and may appear 2 to 14 days after exposure to the virus. The CDC reports that COVID-19 is mainly spread through contact with an infected person's respiratory droplets (such as saliva or mucus from coughing, sneezing, yelling, or talking).

*Do not come to school if you have any ONE of the following:

Body temperature of 100.4°F or higher any time in the previous 24 hours	Shortness of breath or difficulty breathing
Persistent cough	Nausea, vomiting, or diarrhea
Chills	Loss of taste or smell

*Do not come to school if you have any TWO of the following:

Body aches	Headache
Runny nose or congestion	Sore throat

***If students have any of the above symptoms:** They need to stay home or they will be sent home if the symptoms develop while at school.

***If a student tests positive for COVID-19:** The student should be quarantined and the school should be notified immediately; further direction will be given at that time.

***Students' temperatures will be taken as they enter the building.** If a student who is dropped off by parent/guardian registers a temperature of above 100.4°F, they will be sent home with parent/guardian. If a student who rides the bus registers a temperature of above 100.4°F, they will be separated from other students and staff and sent to an isolation area. Parents will be notified and asked to come pick up their child.

Please DO NOT give your child fever-reducing medication such as Ibuprofen (i.e. Advil, Motrin) or Acetaminophen (Tylenol), before sending them to school. Keep them at home!

EXPOSURE AND POSITIVE TESTING PROTOCOL

CDC Guidance:

As per the CDC, anyone who has been in close contact with someone who has COVID-19 may have been:

- Within 6 feet of someone who has COVID-19 for at least 15 minutes.
- Living in a home with someone having a confirmed case of COVID-19.
- In direct physical contact (touched, hugged, kissed) with someone who has COVID-19.
- Shared eating or drinking utensils.
- Sneezed or coughed on, or somehow gotten respiratory droplets on you from someone who is sick with COVID-19.

***If you have tested positive for COVID-19, you can return to HIS Kids after:** You bring a doctor's note specifically indicating that you are COVID-free and safe to be at school.

***If you had/have symptoms but have not had a test or are awaiting test results to determine if you have COVID, you can return to HIS Kids after:** You have completed one of the following options:

OPTION 1

← OR →

OPTION 2

At least 10 days have passed since your symptoms first appeared

AND

All symptoms have improved (*for example cough or shortness of breath have improved*)

AND

You have had no fever for at least 72 hours (*that is three full days of no fever without the use of medicine that reduces fevers*)

You bring a doctor's note indicating that the cause of the symptoms is due to issues other than COVID-19 and specifically indicating that you are safe to be back at school.

***If you have been exposed** ("exposed" or "exposure" being defined as maintaining less than 6-foot distance for more the 15 continuous minutes) **to someone with COVID but remain symptom free, you may return to HIS Kids after a 10 day quarantine.**

****Please note each person's quarantine period may be different dependent upon individual circumstances. You will receive guidance from the school.**

*Quarantine Guidelines can be found at: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

*HIS Kids Christian School will be in communication with the PA Department of Health when a student or staff person has tested positive for COVID-19 and will cooperate with their guidance. When it becomes known that a student is showing symptoms and has tested positive the following protocol applies:

- ✓HKCS will contact the family in order to verify if they have been in contact with both their doctor and the PA DOH (and been tested).

✓HKCS will contact the PA DOH and cooperate in contact tracing. PA DOH will contact potentially exposed students' families per their policies.

✓HKCS will send an email to all school families notifying them of a positive case in the school – student confidentiality will be maintained. A separate email will be sent to the families who have a child in the particular classroom affected.

✓This does not mean a student is automatically quarantined/isolated if he/she was in the same class as someone who tested positive (see "exposure" definition above).