

COVID19 INFORMATION FOR PARENTS

Daily Home Screening for Students: Check your child daily for signs of illness. Please check your child's temperature every day before school (if you need a thermometer, please inform your school nurse). **If your child has any of the following symptoms, or close contact with a positive Covid19 case, DO NOT SEND YOUR CHILD TO SCHOOL, and inform the school nurse.**

- Temperature of 100.0 or higher
- Cough (*not due to other known cause, such as chronic cough*)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache (*when in combination with other symptoms*)
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue (*when in combination with other symptoms*)
- Nasal congestion or runny nose (*not due to other known cause, such as allergies*)
- Close contact (*within 6 feet for 10-15 minutes*) to a positive COVID19 case
- Traveled to a state designated as high risk (per MA travel advisory)

Emergency Contact Information: Please make sure that all contact information for yourself and emergency contacts is up to date, and update as needed. If the school nurse calls you to pick up your child you should do so promptly; we are asking within 30 minutes.

If your child presents at the school nurses office with any of the COVID symptoms you will receive a call to pick up your child and be referred to your child's health care provider for further instructions. They will need a medical note to return to school.

Attendance: Please call any absence into your child's school; if the absence is health related, please contact the school nurse.

Face coverings/masks:

- Face coverings will be required to be worn by **all** students (PreK-12) and staff unless they have provided a doctor's note documenting a medical or disability exception.
 - Masks will be worn all day, including on the bus, with the exception of when eating breakfast/lunch, or during water/mask breaks
- Parents/guardians should supply the face mask
 - Please label the mask with your child's name
- Face coverings can be disposable or reusable and must:
 - fully cover the nose and mouth and be secure under the chin,
 - be made with at least 2 layers of breathable material,
 - fit snugly but comfortably against the side of the face,
 - be secured with ties or ear loops.
 - Neck gaiters, open chin triangle bandanas and face coverings containing valves, mesh material or holes of any kind will **not** be considered appropriate face coverings.

Hand Hygiene: Hand hygiene remains one of the most important ways to stop the spread of illness. Students and staff are required to exercise hand hygiene (handwashing or sanitizing) upon arrival to school, before eating, before putting on and taking off masks, and before dismissal. If handwashing is not feasible, hand sanitizer will be available at key locations throughout the school and its use will be supervised by adults.

If parents/guardians choose to opt their child out of using hand sanitizer, please send in a written notice to the school nurse.

Visitors to School Buildings: Visitors will only be admitted to the buildings by appointment.

Dropping off and Picking up Students: Principals will provide school-specific guidelines.

What to Send to School Daily:

- Mask (labeled)
- Water bottle
- Change of clothing

Immunizations and Physicals: All students (in-person, hybrid, and remote) must remain up to date with their required immunizations and physical exams. This includes the new requirements for the Meningococcal vaccine for grades 7 and 11 upon entrance, and seasonal influenza for ALL students by December 31, 2020

Questions: If you have any questions regarding health and safety practices, please contact your child's school nurse.