

GARWOOD PUBLIC SCHOOLS

Health Protocols

IF YOUR CHILD IS SICK PLEASE KEEP THEM HOME! The school will be providing remote instruction and students may participate from home if they are feeling up to it. If a child gets sick in school they will be sent to the nurse's office. The nurse's office is an L shape which allows for students who are sick with COVID-19 symptoms to be isolated from other students who might be in the nurse's office. Any child who is sent to the nurse's office with COVID-19 symptoms will be sent home immediately. Parents must pick up their sick child as soon as possible (within a half hour).

According to the CDC, people with COVID-19 have had a wide range of symptoms. The following is a list of current symptoms:

- Fever (100.0) or chills
- New cough or change in chronic cough (children with chronic cough need documentation from their physician)
- Shortness of breath or difficulty breathing (not exercise induced)
- Fatigue
- Muscle or body aches (without known trauma or injury)
- Headache (children with chronic headaches/migraines require documentation from their physician)
- New loss of taste or smell
- Sore throat
- Congestion or runny nose (chronic rhinitis requires documentation from their physician)
- Nausea or vomiting
- Diarrhea (2 or more episodes of loose stools in a 24 hour period)

Parents/Guardians MUST keep their child home if he/she has any of the above symptoms:

Protocols for returning to school after being sent home for COVID-19 symptoms

*****Please note that the following guidelines are in line with the most recent NJ and CDC information available and are subject to change based on State and local guidance.***

You may return to school after having a positive COVID test when:

- Symptomatic- 10 days after symptom onset **AND** fever free for 24 hours without medication **AND** with improvement of other symptoms
- Asymptomatic- 10 days after specimen collection/date of positive test and assuming no symptoms develop

You may return to school after a negative COVID test or COVID test not completed:

- COVID still suspected and no clear diagnosis- At least 24 hours have passed since resolution of fever **AND** improvement of symptoms **AND** at least 10 days have passed since symptoms first showed up.
- COVID is strongly not suspected: If you have a fever and/symptoms, but no definite alternate diagnosis, you can return **ONLY** once you are fever free/symptom free for 72 hours.
- COVID is strongly not suspected **AND** has a definite alternate diagnosis by a healthcare professional- May return after symptom and fever free for 24 hours

No one will be permitted to return to school with ongoing symptoms.

Once COVID has been ruled out by a healthcare professional, return to school guidelines for other illnesses as described in the link below should be followed.

https://www.nj.gov/health/cd/documents/School%20Exclusion%20List%20_revised%207.10.2017.pdf