

Illness Guidelines 2020-2021

As COVID-19 continues to be present in our community, PSB School Health, in collaboration with our School Physician, and in conjunction with DESE guidelines have established the following illness guidelines. **Please note, these guidelines are subject to change based on updated data from Centers for Disease Control and Prevention (CDC), the Massachusetts Department of Public Health (MDPH) and/or the Brookline Public Health Department.

Symptoms of COVID-19 include: Fever over 100 degrees and/or chills, cough (not due to other known cause, such as chronic cough), shortness of breath and/or difficulty breathing, fatigue, muscle or body aches, headache (when in combination with other symptoms), new loss of taste or smell, sore throat, congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms, nausea, vomiting, diarrhea.

In order to protect schools from the introduction of COVID, testing of symptomatic individuals should be the default practice. Students with acute onset of new symptoms (especially respiratory symptoms such as cough, shortness of breath, sore throat) or fever should almost always receive a negative COVID test before returning to school. Health care providers have clinical discretion to consider chronic illnesses or symptoms such as headache and abdominal or gastrointestinal symptoms and use clinical judgment to defer testing when an alternative cause is firmly established.

ILLNESS	ACTION	EXCLUSION FROM SCHOOL	RETURN TO SCHOOL
Exposure to COVID-19-identified as a close contact	Quarantine for 14 days at home and call healthcare provider for COVID-19 test Call school nurse	14 days quarantine, even if COVID-19 test is negative	After 14 days of quarantine if no symptoms develop and cleared by: -Public Health Department -School nurse
Diagnosis of COVID-19	Isolate at home for minimum of 10 days AND call school nurse	Minimum of 10 days, depending on resolution of fever and symptoms. Must be 24 hours fever free off fever reducing medications AND have improvement of	Cleared by: -Public Health Department -School nurse

		symptoms	
Symptoms suggestive of COVID-19, as noted above	Stay home, call healthcare provider for COVID-19 test Call school nurse	- If no testing done-must stay home for 10 days of isolation and have resolution of symptoms no fever off fever reducing medication. - If tests negative, may return to school after 24 hours without a fever off of fever reducing medications and alternative diagnosis. -	Cleared by: -School nurse -Public Health Department
Asthma	Stay home if requires nebulizer treatment for control Call school nurse	Until asthma symptoms controlled off nebulizer treatment	Cleared by: HCP School nurse
Cold symptoms i.e. nasal discharge cough, sneeze	Stay home, call a healthcare provider for evaluation and referral for COVID-19 test. Call school nurse	-If negative COVID-19 test, must be fever free off fever reducing medication, must have improvement of cough, must be able to self-contain nasal secretions and practice cough hygiene. -If COVID-19 positive, will be followed by school nurse/Board of Health for isolation guidelines. <u>-If not tested for COVID-19, must stay home for 10 days of</u>	Cleared by: -School nurse -Healthcare provider -Public Health Department (if positive test)

		<u>isolation until resolution of symptoms, fever free for 24 hours off of fever reducing medication, improvement of symptoms</u>	
Conjunctivitis (Pinkeye)	Stay home, call healthcare provider for evaluation Call school nurse	24 hours after ophthalmic antibiotic and cessation of purulent (pus) eye discharge	Cleared by: -School nurse
Cough due to pre-existing condition as documented by healthcare provider	Stay home and call healthcare provider for evaluation Call school nurse	May return to school after 24 hours if no fever off of fever reducing medications, has improvement of symptoms with treatment, and if has documentation from a healthcare provider that there is an alternative diagnosis i.e. asthma, seasonal allergies, etc.	Cleared by: -School nurse -Healthcare provider
Ear infection	Stay home and call healthcare provider for evaluation Call school nurse	24 hours fever free off of all fever reducing medication	Cleared by: -School nurse
Fever over 100 degrees orally with no other symptoms	Stay home, call healthcare provider for evaluation and referral for COVID-19 test Call school nurse	-May return to school after 24 hours if no fever off of all fever reducing medication and has a negative COVID-19 test, and if has documentation from a healthcare provider that there is an alternative	Cleared by: -School Nurse -Healthcare provider -Public Health Department

		<p>diagnosis.</p> <p>-If there is no alternative diagnosis and no COVID-19 test was done, must stay home for 10 days isolation and be fever free for 24 hours off medication.</p>	
Headache	<p>Stay home if fever or no improvement with fluids and food, call a healthcare provider for evaluation. If other symptoms or if someone else in the household is ill, consider COVID-19 test and remain home until results are known</p> <p>Call school nurse</p>	<p>-If positive COVID-19 test, will follow public health guidelines for isolation.</p> <p>- If negative, may return to school if has documentation of alternative diagnosis from healthcare provider</p>	<p>Cleared by:</p> <ul style="list-style-type: none"> -School nurse -HCP -Public Health Department (if positive COVID-19)
Nausea, vomiting and/or diarrhea	<p>Stay home and call healthcare provider for evaluation and referral for COVID-19 test</p> <p>Call school nurse</p>	<p>-If negative test, may return to school after 24 hour without a fever off of fever reducing medication and must be able to tolerate a typical diet for 24 hours.</p> <p>-If no testing done-must stay home for 10 days of isolation unless provides written documentation from healthcare provider with an alternative diagnosis.</p> <p>If positive test: follow health department protocol</p>	<p>Cleared by:</p> <ul style="list-style-type: none"> -School nurse -Public Health Department -Healthcare provider

Pain	Stay home if requires narcotic medication for pain control, notify school nurse Call school nurse	Until off narcotic medication and cleared by healthcare provider	Cleared by: -School nurse -Healthcare provider
Rash	Stay home and call healthcare provider for evaluation Call school nurse	Until has documentation by healthcare provider with diagnosis and improvement of rash	Cleared by: -School nurse -Healthcare provider
Sore Throat	Stay home and call a healthcare provider for evaluation. May be referred for COVID-19 test Call school nurse	-Until has documentation of an alternative diagnosis by a healthcare provider and improvement of symptoms. -If diagnosed with Strep Throat, must stay home until on antibiotics for a full 24 hours, and must be fever free off of all fever reducing medications. - If awaiting COVID-19 test, must remain home while awaiting results	Cleared by: -Healthcare provider -School nurse -Public Health Department (if COVID-19)
Other illnesses	Stay home and call healthcare provider for evaluation Call school nurse	Until diagnosis by healthcare provider	Cleared by: -Healthcare provider -School nurse

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