



## Medical Information from Our School Nurses

Revised May 24, 2021

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### **Kenilworth School Exclusion Procedures**

#### *Key terms for understanding our Exclusion Procedures*

**Quarantine** is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

**Isolation** is used to separate people infected with COVID-19, from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

**Close Contact:** Someone who has been within 6 feet of a COVID-positive person for at least 15 minutes starting from 2 days before the onset of symptoms (or, for asymptomatic patients, 2 days prior to the test that resulted in a positive diagnosis).

**For all of the situations and responses below, please contact your school nurse for more guidance.**

Situation	Response
Individual tests positive for COVID-19	A 10-day isolation period will start the day of symptom onset or the day that the test was taken if asymptomatic. The individual must also be fever free or have a decrease in symptoms. If symptoms persist or are heavily symptomatic after 10 days, the individual will need to be kept in isolation until fever/symptoms have resolved for a full 72 hours, without fever reducing medication.
Household Contacts	Anyone who is a household contact of a positive COVID-19 case and are unable to

	fully separate themselves from the case (young children, siblings, etc.) need to stay home through the confirmed case's isolation period and then must complete a full quarantine period (this is most commonly 10 days for the isolation <u>plus</u> an additional 14 days for the quarantine period.)
Patients who are exposed	Such individuals will start a 14-day quarantine period that starts the day of last contact with a known case. Even with a negative test result, quarantine must be adhered to for a full 14 days. This is due to the incubation period which may last up to 14 days.
Return to school	Sick school community members can return to school if they meet the following criteria: <ul style="list-style-type: none"> <li>• Receive a differential diagnosis other than COVID-19 (e.g. strep throat, ear infection, etc.)</li> <li>• 10 days have passed since COVID-like symptoms onset without a COVID test</li> <li>• 72 hours have passed since non-COVID symptom resolution (fever only, ear pain only, etc.)</li> </ul>
If an unvaccinated individual travels out of NJ (Domestically) lasting 24 hours or longer (not including New York, Delaware, or Pennsylvania) or out of the country (Internationally)	Such individuals must get a viral Covid-19 test done on days 3-5 of returning to NJ, and quarantine for 7 days after travel even if your test is negative. Proof of a negative test is required to return to school after a 7 day quarantine period. If you choose not to get tested, you must quarantine for 10 full days after travel. If your test is positive, you must isolate for 10 full days after travel.

### **Vaccination-Related Protocols**

**Covid Guidelines for fully vaccinated individuals** (defined as  $\geq 2$  weeks following receipt of the second dose in a 2- dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine) **are as follows:**

- Fully vaccinated people do NOT need to quarantine after having close contact with someone with COVID-19, as long as they remain asymptomatic.

- They should still monitor for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should isolate themselves from others, be clinically evaluated for COVID-19, including COVID-19 testing.
- People who are fully vaccinated do not need to self-quarantine after domestic travel, but should self-monitor for symptoms and self-isolate if symptoms develop.
- Fully vaccinated individuals who travel internationally, should be tested for COVID-19 before and after arrival into the U.S. Testing should be done 3-5 days after returning to the United States, but no quarantine is needed if the test is negative.
- **Proof of vaccination is required to determine your quarantine status.**

**Covid Guidelines for individuals who tested positive for COVID-19 (viral test) and who clinically recovered from COVID-19 in the past 3 months are as follows:**

- They do not need to quarantine after having close contact with someone who has tested positive for COVID-19 as long as they remain asymptomatic.
- They should still monitor for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should isolate themselves from others, be clinically evaluated for COVID-19, including COVID-19 testing.
- Individuals who travel internationally, should be tested for COVID-19 before and after arrival into the U.S. Testing should be done 3-5 days after returning to the United States, but no quarantine is needed if the test is negative. Testing and quarantine for these individuals is no longer recommended for domestic travel. In either case, individuals should self-monitor for symptoms and self-isolate if symptoms develop.
- **Proof of testing positive for Covid-19, in the last 3 months, is required to determine your quarantine status.**

**Fully vaccinated or individuals that have recovered from Covid-19 should continue to:**

- Take precautions in public like wearing a well-fitted mask and physical distancing.
- Practice other prevention measures when visiting with unvaccinated people.
- Avoid large-sized in-person gatherings.
- Get tested if experiencing COVID-19 symptoms.

### **Medication**

All medications to be administered in school must be given to the school nurse at the beginning of the school year. Orders from your physician must be complete and accompany the medication. No incomplete documentation will be accepted. Medication and nebulizer equipment will be accepted, but routine **nebulizer treatments will not be administered in school.** Nebulizer treatments



will only be given when deemed medically necessary by the nurse. Inhalers will be accepted, and can be used in school in an isolated area approved by the Nurse.

By law, new Physicians' orders are necessary every school year for all medication to be administered in school. Whether it be over the counter medication (Motrin, Tylenol, Benadryl, eye drops, etc.), or prescription medication, new forms and a supply of medication need to be dropped off to your school nurse. The forms are required to be filled out by your doctor; they can be found [here on the district website](#).

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### **When Do I Keep My Child Home From School?**

If your child is exhibiting any of the following illnesses/symptoms, please keep him/her home from school. Depending on the nature of their illness, and if it is suspected that any illness is COVID-19 related, restrictions may be different. Please contact your school nurse for guidance.

- Generalized COVID-19 symptoms-Shortness of breath or difficulty breathing, chills, fatigue, muscle and body aches, headache, sore throat, new loss of taste and smell, congestion or runny nose, and nausea.
- A temperature of 100 degrees Fahrenheit or higher-The student must stay home 72 hours after resolution of the fever without fever reducing medication.
- Cough-A clearance note, from a physician, is required for return to school. Routine nebulizer treatments will not be administered in school until further notice.
- Diarrhea or Vomiting-The student must stay home until 24 hours after the last episode of diarrhea or vomiting.
- Rash-Depending on the type of rash, medical clearance may be necessary. Please contact Harding or Brearley nurse for further instructions.
- Head Lice-Please contact Harding or Brearley nurse for further instructions.
- Eye redness or discharge-A clearance note, from a physician, is required to return to school 24 hours after starting treatment.



### **A Reminder About COVID-19 Symptoms**

There is not a single symptom that is uniquely predictive of a COVID-19 diagnosis. A COVID19 viral test is needed to confirm if someone has a current infection. Symptoms may appear 2-14 days after exposure to the virus and include the following:

- Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea
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### **Food Allergies & Snack Guidelines**

- When sending in snacks for your children, please make sure they are nut free.
  - Some examples of acceptable snacks are: goldfish crackers, pretzels, yogurt, fruit, vegetables, and fruit snacks.
  - If you would like to celebrate your child's birthday, it must be with a non-food item.
  - Please consider sending a water bottle to school each day with your child. Water bottle filling stations will be open; the bubblers on our water fountains will be turned off.
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### **Additional COVID-19 Related Protocols**

**Quarantine Rooms:** Each school building has a designated area for any student exhibiting signs and symptoms of COVID-19. This enables us to separate a student who is sick from the rest of the school population. This room is supervised, and the student stays there until their parent or guardian picks them up. Quarantine rooms are a precaution and does not mean a student has tested positive for COVID-19.

**Respiratory Medication Administration:** No **routine** nebulizer treatments will be administered in school until further notice. Nebulizer treatments will only be given if deemed medically necessary by the nurse, and will be administered in the Quarantine Room. Inhalers can be used as needed, but must be done in an isolated area.



### Daily Pre-Screening Measures

Daily pre-screening measures are required. [The CDC and NJDOH does not recommend universal symptom screenings](#) (i.e. screening all students grades PK-12) be conducted by schools. Still, we are required to have a procedure for the daily screening of symptoms for students and staff.

- **Harding** families need to submit a pre-screening form daily. Students need to submit the forms at the door each day.
- **Brearley** families, parents need to log into Genesis **every morning, before school begins**, on the days their children are in-person and complete a Covid waiver form. Students scan ID badges at the door so that we may ensure forms have been completed.
- **Faculty** submit a daily attestation of pre screening through a school management health app.

## **Contact Information**



### **Harding School Interim Principal**

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### **Harding School Nurse**

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### **District Nurse**

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### **Athletic Trainer**

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### **Harding School Main Office**

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### **Brearley School Main Office**

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