

# Parent and Guardian Guidance

## Checking Your Student Before Leaving Home

Please provide a face mask for your student daily to wear on the bus and at school.

Check the following each morning prior to sending your student to school. If your student shows any signs indicated below, keep the student home and contact your medical provider for guidance.



- Cough
- Chills
- Sore Throat
- Muscle Pain
- Fever 100° or Higher
- Shortness of Breath or Difficulty Breathing
- New Loss of Taste or Smell
- Congestion
- Fatigue
- Headache
- Runny Nose
- Nausea/Vomiting
- Diarrhea

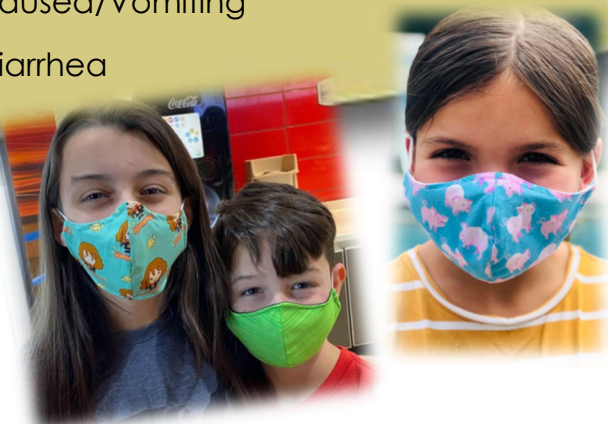


### 5 Questions to Ask Daily

#### Before Sending My Student to School

Students can only participate if there is a "no" answer to all of the following symptoms/conditions:

- Does my student have a new cough that cannot be attributed to another health condition?
- Does my student have new shortness of breath that cannot be attributed to another health condition?
- Does my student have any one of the following symptoms: fever (100° F or higher), chills, repeated shaking with chills, muscle pain, headache, sore throat, vomiting, nausea, diarrhea, increasing congestion, runny nose, or new loss of taste or smell?
- Has my student come into close contact (within six feet for more than 15 minutes over a 24-hour period) with someone who has a laboratory-confirmed COVID-19 diagnosis in the past 14 days?
- Has my student received a laboratory-confirmed positive COVID-19 diagnosis in the last 10 days?


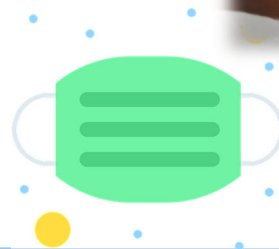


# On the Way To and From School and At School



## Encourage your child to:

- Stay at least six feet from other people outside of your home.
  - Keep away from large groups and avoid close contact with other people.
  - Cover nose and mouth with a tissue when coughing or sneezing or cough or sneeze into their upper sleeve or elbow.
  - Wash hands often with soap and water or use hand sanitizer when appropriate.
- Wear a cloth face mask (exceptions: children under two years of age, anyone with trouble breathing, unconscious, incapacitated, or with an exemption from a Licensed Health Care Provider).
- Avoid touching eyes, nose, and mouth.



If your student is not feeling well or has any symptoms of COVID-19, has been exposed to someone with COVID-19, or tested positive with COVID-19, they must stay home from school. Notify the School Nurse if any of these occur.