



August 29, 2022

Dear Parent/Guardian:

We are looking forward to a great school year. Please follow these guidelines to help all students stay healthy and ready to learn. Covid-19-specific information can be found on page two of this letter.

### **General Health Information**

Please **KEEP ILL STUDENTS AT HOME**. Page 3 of this letter gives examples of when your student should not be in school.

**If your student is ill, please CONTACT THE SCHOOL.**

**Please contact your healthcare provider** about any **SERIOUS ILLNESS** or if you are worried about your student's health. If you need help in finding a healthcare provider, you may contact Lane County Public Health.

**Please notify the school** if your child is diagnosed with a **CONTAGIOUS DISEASE**, including these: *chickenpox, COVID-19, diarrhea caused by E. coli or Salmonella or Shigella, hepatitis, measles, mumps, pertussis, rubella, scabies, tuberculosis, or another disease as requested*. The school will protect your private information as required by law. [OAR 333-019-0010; ORS 433.008.]

**Please notify the school** if your student requires **MEDICATIONS** during school hours. Follow school protocols for medication at school. If your student's illness requires antibiotics, the student must have been on antibiotics for at least 24 hours before returning to school, and longer in some cases. Antibiotics are not effective for viral illnesses.

**Please notify the school** if your student has an **UNDERLYING OR CHRONIC HEALTH CONDITION**. We will work with you to address the health condition so that the student can learn. With consent, the school nurse may consult with the student's health care provider about the health condition and necessary treatments. To contact the school nurse or health office please call or email.

## **COVID-19 Information**

Here are a few updates related to COVID-19:

### Covid Notification

This year, parents and staff will be notified about Covid-19 infections only if there is an outbreak in a particular class or school. We are required to notify and work with Lane County Public Health in the case of an outbreak, which they define as 20% of a class, or 30% of a school being infected with Covid-19.

### Diagnostic Tests/Primary Symptoms

Diagnostic tests for students will be available for students (with parent permission) if a student presents primary symptoms of Covid-19 at school. Primary symptoms are fever, cough, difficulty breathing or shortness of breath and loss of taste or smell.

### Continued Vigilance

We will continue several layered mitigation measures that will help keep us healthy this year, such as frequent hand-washing, cleaning commonly touched surfaces on a daily basis, and monitoring air filtration systems. Face masks will be available upon request, and may be worn by staff and students.

### Positive Test

If your child tests positive, whether at home or at school, we will be following the CDC recommendation that they be away from school for five days after the day they started having primary symptoms. Students can return after the five days, and when they are fever free with improving symptoms.

Figuring out when the five days at home starts and finishes can be trickier than you would think. When figuring out the five days, you count the day that they first have symptoms as day 0, and then they continue to stay home for the next 5 calendar days. For example, if your child has primary symptoms on Monday, and then tests positive on Tuesday, Day 0 would be Monday, and day 5 would be Friday. Your child would then be able to return on Monday. If you have questions about this, you can contact your child's school nurse.

We look forward to a great and healthy year. If you have questions about any child health concern as it relates to school, please don't hesitate to contact us.

Let's stay healthy,

SLSD Administrative and Nursing Staff

## PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL

This list is school instructions, not medical advice. Please contact your health care provider with health concerns.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER...
 <b>Fever: temperature of 100.4°F (38°C) or greater</b>	<p style="text-align: center;"><b>THE STUDENT MAY RETURN AFTER...</b></p> <p style="text-align: center;">*The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.</p> <p>*Fever-free for 24 hours without taking fever-reducing medicine AND per guidance for primary COVID-19 symptoms.</p>
 <b>New cough illness</b>	<p>* Symptoms improving for 24 hours (no cough or cough is well-controlled) AND per guidance for primary COVID-19 symptoms.</p>
 <b>New difficulty breathing</b>	<p>* Symptoms improving for 24 hours (breathing comfortably) AND per guidance for primary COVID-19 symptoms. <i>Urgent medical care may be needed.</i></p>
 <b>Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements</b>	<p>*Symptom-free for 48 hours OR with orders from doctor to school nurse.</p>
 <b>Vomiting: one or more episode that is unexplained</b>	<p>*Symptom-free for 48 hours OR with orders from doctor to school nurse.</p>
 <b>Headache with stiff neck and fever</b>	<p>*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions above. <i>Urgent medical care may be needed.</i></p>
<b>Skin rash or open sores</b>	<p>*Symptom free, which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.</p>
<b>Red eyes with colored drainage</b>	<p>*Symptom-free, which means redness and drainage are gone OR with orders from doctor to school nurse.</p>
<b>Jaundice: new yellow color in eyes or skin</b>	<p>*After the school has orders from doctor or local public health authority to school nurse.</p>
<b>Acting differently without a reason: unusually sleepy, grumpy, or confused.</b>	<p>*Symptom-free, which means return to normal behavior OR with orders from doctor to school nurse.</p>
<b>Major health event, like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.</b>	<p>*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.</p>