



Returning to St. Mary's and Navigating COVID-19

Updated: August 30, 2020

Symptoms of COVID-19



- Fever (at least 100 F)
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Additional information on symptoms may be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

What steps can I take to prevent my child from getting COVID-19?

- Discuss taking everyday steps to prevent getting sick
- Practice good hand washing habits
- Use hand sanitizer (at least 60% alcohol based when handwashing is not available)
- Avoid close contact with people who are sick
- Maintain recommended 6 feet distance from others
- Wear face mask/covering
- Disinfect frequently touched surfaces daily
- Encourage your child to monitor their own health



How long does it take for symptoms to start?

It can take **up to 14 days** for people with COVID-19 to start showing symptoms. Some people may have very mild symptoms, some people may become very ill.



Will student temperatures be taken at school?

The CDC does not currently recommend conducting temperature screenings at school. Before heading to school, students and their families are to review the Daily Health Checklist. Students should not attend school when they are sick.



When does my child need to stay home?

Your child should stay home if:

- They have symptoms of COVID-19;
- They have been tested for COVID-19 (while waiting for results);
- They have been exposed to someone who tests positive for COVID-19.

Some people with COVID-19 do not have any symptoms at all.

Keeping ill children, and children who have been exposed to COVID-19 isolated at home will help stop the spread of the virus.



What is the difference between Isolation vs. Quarantine?

Isolation: means keeping sick people away from healthy ones. This usually means that the sick person rests in their own bedroom or area of your home and keeps away from others as best as possible.

Quarantine: means separating people who might have been exposed to COVID-19 away from others. This helps prevent the spread of the virus that can occur before a person knows that they are sick and stops them from accidentally spreading the virus to other healthy people.



Who needs to Quarantine?

- Anyone who has been in **close contact with someone who has COVID-19**
- What counts as close contact?
 - You were within 6 feet of someone who has COVID-19 for at least 15 minutes
 - You provided care at home to someone who is sick with COVID-19
 - You had direct physical contact with the person (hugged or kissed them)
 - You shared eating or drinking utensils
 - They sneezed, coughed, or somehow got respiratory droplets on you



How will I know if my child has been exposed to someone who tested positive for COVID-19 at school?



The school nurse at St. Mary's will be working closely with the local department of public health. Families, faculty and staff will be contacted using the proper contact tracing protocols.

Additional information on contact tracing may be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contact-tracing.html>

How long does
my child need to
stay home if
they tested
positive OR a
doctor said they
likely have
COVID-19?



If your child has symptoms they should stay home and away from others (isolate) as much as possible until all three of the following have happened:

- At least 10 days have passed since their symptoms started and;
- They haven't had a fever (100.4 F or greater) in at least 24 hours without using medication to lower fever and;
- Their symptoms have improved.

Additional information with regards to testing may be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

What if my child tested positive for COVID-19, but doesn't show symptoms?

If your child continues to have no symptoms, they should stay home for 10 days after the day they were tested and keep away (isolate) from other people as much as possible.

Even if they don't have symptoms, they can still spread the virus.



What if my child becomes sick but is not tested for COVID-19?

They should stay home in isolation until they are feeling better and all the following have happened:

- At least 10 days have passed since their symptoms started;
- They haven't had a fever (100.4 F or greater) in at least 24 hours without using any medication to lower fever;
- Their cough or breathing problems or other symptoms have improved.



What if my child becomes sick but tests negative for COVID-19?

They should stay home until they are feeling better and they have not had a fever for 24 hours without using any medication to reduce fever.

If the doctor tells you that your child has something other than COVID-19 (like strep throat or the flu) then you should follow the doctor's guidelines for exclusion requirement for that disease.

A doctor's note will be required for return to school.



What if my child comes in “close contact” with someone who has COVID-19?



They should stay at home for 14 (quarantine) days since the last time they were around that person to see if they develop symptoms.

- Call their doctor
- Ask to get tested
- Follow their instructions for staying home while you wait for the test results

Even if you test negative for COVID-19 or feel healthy, you will need to quarantine since symptoms may appear 2 to 14 days after exposure to the virus.

What if we live with someone who has COVID-19?



People who live together usually have close contact with each other. Everyone you live with should stay home until all of the following have happened:

- The sick person gets better:
 - At least 10 days have passed since their symptoms started and;
 - They haven't had a fever (100.4 F or greater) in at least 24 hours without using medication to lower the fever and;
 - Their cough, breathing problems or other symptoms get better.
- 14 days have passed since the sick person was better to see if other people in your home get symptoms.

Additional information if someone in your household tests positive for COVID-19 may be viewed at:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

How do I talk with my child about staying home from school and COVID-19?

Here are some tips for talking with children:

- Remain calm while talking
- Make yourself available to listen and talking
- Avoid language that might blame or stigmatize others
- Pay attention to what children see or hear in the media
- Provide truthful information
- Talk about precautions and measures being taken at school to help protect your child, faculty and staff

