



## Daily Student Health Assessment Guide for Parents\*

Every school morning please do the following:

- |   |   |
|---|---|
| <input type="checkbox"/> Fever (100.0 F or higher), chills, or shaking chills. <b><u>You must wait 5 mins after eating/drinking to take temperature orally.</u></b> | <input type="checkbox"/> Headache, <i>when in combination with other symptoms</i>   |
| <input type="checkbox"/> Cough (not due to other known cause, such as chronic cough)  | <input type="checkbox"/> Muscle aches or body aches   |
| <input type="checkbox"/> Difficulty breathing or shortness of breath  | <input type="checkbox"/> Nausea, vomiting, diarrhea, abdominal pain   |
| <input type="checkbox"/> New loss of taste or smell   | <input type="checkbox"/> Fatigue, <i>when in combination with other symptoms</i>  |
| <input type="checkbox"/> Sore throat  | <input type="checkbox"/> Nasal congestion or runny nose (not due to other known causes, such as allergies) <i>when in combination with other symptoms</i> |

**If you answer YES to any symptoms do not come to school.**

1. Contact your physician.
2. If testing is required, remain at home until results are obtained.
  - If **negative**, your child may return to school after being fever free for 24 hours without the use of fever-reducing medications, have improvement in symptoms and in accordance with existing school illness management policy.
  - If **positive**, your child must isolate at home for a minimum of 10 days and may return to school after day 10 if your child has been fever free for 24 hours without the use of fever-reducing medications and have improvement in symptoms.
3. Please notify the school of test result before returning to school.
4. If physician makes an alternative diagnosis for COVID-19 symptoms you may return to school based on recommendations of that alternate diagnosis and in accordance with existing school policy.
5. If your child has COVID-19 symptoms and you *choose not to test*, your child may return to school 10 days after the start of symptoms, after being fever free for 24 hours without the use of fever-reducing medications and have improvement in symptoms.

### Step 2: Assess Close Contact/Potential Exposure:

Please answer the following questions:

**Has your child had close contact (within 6 feet of an infected person for at least 15 mins) with a person with confirmed COVID-19? This includes the 2 day period prior to the infected person showing symptoms.**

**If you answer YES do not come to school.**

1. Contact physician for evaluation.
2. Seek testing as directed by physician.
3. All close contacts **must self-quarantine for 14 days** after the last exposure to the person who tested positive, regardless of test result.

### **Does any household member have COVID-19 symptoms?**

**If you answer Yes, your child MAY NOT come to school, even if your child is without symptoms.**

1. Household member with symptoms should contact physician promptly.
2. If COVID-19 testing is advised report test result to school as soon as possible. Your Child may not return to school until a negative PCR test result is obtained for the symptomatic person.
3. If COVID-19 testing is not advised, follow the physician's directives for care. Your child may return to school.

### **Step 3: Out of State Travel**

**Have you traveled to or lived in an area where large numbers of COVID-19 cases are being reported?**

**If you answer YES do not come to school.**

1. As of 8/1/20 the Baker administration issued a Travel Order that requires any individual who has traveled to restricted states to quarantine for 14 days or produce a negative COVID-19 PCR test within 72 hours of return, before returning to school. Any student returning from international travel must obtain a negative COVID-19 PCR test NO SOONER than 5 days after arriving back in Massachusetts. (<https://www.mass.gov/info-details/covid-19-travel-order#lower-risk-states->)

**If, after careful assessment, you are not sure whether to come to school, you may call the nurse after 8:00 am for consultation. (978-535-7100 - ask to be connected with the Nurses' Office)**

*\*developed through guidance from CDC, AAP, MDPH, Harvard Global Health Institute, Dr. Brian Sanders*

# QUICK REFERENCE FOR COVID-19 SCENARIOS

If an individual has tested positive for COVID-19...			
1. Isolate at home except for medical care.	2. Monitor symptoms.	3. Notify the school.	4. Notify personal contacts.
5. Assist the school in contact tracing efforts if applicable.	6. Answer the call from the local board of health if applicable.	You may return to school after a minimum of <b>10 days of isolation</b> if you've been free of fever for <b>24 hours</b> and are seeing improvement in symptoms.	
If an individual becomes symptomatic of COVID-19 at home...			
1. Do not come to school.	2. Contact your physician.	3. Be tested if instructed to do so.	
If your test is <b>negative</b> you may return to school, if you have been fever free for 24 hours without fever-reducing medications and have improvement in symptoms.		If your test is <b>positive</b> , follow directives above for individual who has tested positive for Covid-19.	
If your physician makes an <b>alternative diagnosis</b> for COVID-19 -like symptoms, you may return to school based on the recommendations for that alternative diagnosis and in accordance with existing school illness management policy.			
If you <b>choose not to be tested</b> you may return to school 10 days after the start of symptoms, if you have been fever free for 24 hours without fever-reducing medications and have improvement in symptoms.			
If an individual becomes symptomatic of COVID-19 at school...			
1. Seek evaluation by the school nurse.	2. Remain masked and maintain a 6 ft physical distance.	3. Students will be brought to Medical Waiting Room for parent pick-up.	4. Staff will be dismissed home in a safe manner.
Follow the directives above for an individual who has become symptomatic of Covid-19 at home.			
If an individual is at home when they learn they have been exposed to a COVID-19 positive person...			
1. Do not come to school.	2. Isolate at home except for medical care.	3. Contact your physician to arrange for testing.	
All close contacts must <b>self-quarantine for 14 days</b> after the last exposure to the person who tested positive, <b>regardless of test result</b> .			
If an individual is at school when they learn they have been exposed to a COVID-19 positive individual...			
1. Report to the school nurse.	2. Remain masked and maintain a 6 ft. physical distance.	3. Students will be brought to Medical Waiting Room for parent pick-up.	4. Staff will be dismissed home.
Follow directives for an individual who is at home when they learn they have been exposed to a Covid-19 positive person.			
If an individual is well but a household member has symptoms of COVID-19...			
1. The household member should promptly contact physician and arrange for a COVID-19 testing.		Even if you are without symptoms, you must remain at home until: a) A physician has said testing is not recommended for symptomatic individual, and you remain asymptomatic. b) A physician has recommended testing and a negative test result has been obtained for symptomatic individual, and you remain asymptomatic.	
If household member tests <b>positive</b> , you will be dismissed home to follow directives for an individual who has been exposed to a positive Covid-19 individual.		If household member is negative, you may return to school.	
If an individual has traveled out of the state to an area of high COVID-19 prevalence...			
As of 8/1/20 the Baker administration issued a Travel Order that requires any individual who has traveled to restricted states to quarantine for 14 days or produce a negative COVID-19 PCR test within 72 hours of return, before returning to school. Any student returning from international travel must obtain a negative COVID-19 PCR test NO SOONER than 5 days after arriving back in Massachusetts. <a href="https://www.mass.gov/info-details/covid-19-travel-order#lower-risk-states">https://www.mass.gov/info-details/covid-19-travel-order#lower-risk-states</a>			
1. If a 14 day isolation period is chosen or required, you should monitor for symptoms.		2. If symptomatic, follow the directives for an individual who is symptomatic.	
You may return to school with a negative PCR test, or on day 15 of quarantine, if symptom free.			