

# St James School

## Health Office

Dear Parent/ Guardian:

To protect other students and staff at St James School, please monitor your child/children's health at home before school. Check their temperature and monitor for any symptoms. If they have any of the following symptoms, **please keep them home and use the guidelines listed below**. These guidelines are from the CDC and are recommended by the CT Department of Public health along with the CT State Department of Education.

Signs or symptoms of COVID-19 in children include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (Sleepiness)
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Nasal congestion or runny nose
- Abdominal pain (in children)
- Nausea or vomiting
- Diarrhea
- Poor appetite or poor feeding

1. Contact your child Health Care Provider.

2. Your child will need to stay home for 5 days.

If your student tests negative for Covid-19 and has had no close contact to a person diagnosed with Covid-19, then they can return to school once there are no symptoms for 24 hours.

If your student tests positive for Covid-19, they must stay in Self-Isolation for at least 5 days since the onset of symptoms or the test date if asymptomatic and at least 24 hours fever free (without fever-reducing medications) and with improvements in other COVID-19 symptoms.

If your student is not tested, they must stay in Self-Isolation for at least 5 days since the onset of symptoms and until at least 24 hours fever free (without fever reducing medications) and with improvements in other COVID -19 symptoms. Student can return to school earlier if a note is obtained from Health Care Provider with an Alternative Diagnosis.

Or

If your student has had close contact to a person diagnosed with COVID-19, your child will need to stay home for 5 days in self-isolation since the onset of symptoms and at least 24 hours fever free (without fever reducing medications) and with improvements in other COVID-19 symptoms. It is recommended they have a covid test on the 5<sup>th</sup> day after exposure to a positive Covid case.

3. Please contact the school nurse if your child tests POSITIVE for COVID-19.

4. If your child is sent home with any symptoms of an illness, they are not allowed to return to school for any after school activities that day, even if they are feeling better.

Please use the log on the reverse side to monitor symptoms for the 5 days of Isolation and an additional 5 days( ie., through day 10).