Hello IDEA parents!

This is a unique school year and we have some new policies in place to help keep all our students and staff safe. Please read.

If student has any symptom listed below, they cannot come to school. And in order to return to school, student must do one of the following:

1) Get a PCR COVID test - if it’s negative, student can return the next day. Results are usually 24-72 hours but can take longer. It must be a PCR test, not rapid. Proof/copy of test results required.
2) If no COVID test, student must isolate at home for 10 days from the first day symptoms started. If symptoms have improved over that time, and no fever, student may return to school on the 11th day.
3) If no COVID test and student wants to return before the 10 days, student must have a documented alternative diagnosis from a provider. An example of this would be, “student had strep throat, on antibiotics,” or “student has severe seasonal allergies.”
4) If student gets a positive PCR COVID test, the 10 day at home isolation applies. Please notify the nurse in any positive cases.

Symptoms that require exclusion from school:
- Fever/temperature of 100.4 or higher. If it’s borderline, consider other symptoms as well.
- Sore throat
- New, uncontrolled cough that causes difficulty breathing. In a student with asthma or chronic allergies, a change in their typical/baseline cough.
- New onset of severe headache, especially with a fever
- Diarrhea, nausea, vomiting, or abdominal pain
- New loss of taste or smell
- Congestion or runny nose
- Fatigue
- Muscle or body aches (that aren’t from recent exercise or working out)

*These symptoms mimic the flu, common cold and seasonal allergies, which is why it’s preventive to keep any symptomatic student home. If your student has chronic seasonal allergies, it would be a good idea to have/start them on a daily allergy medicine regimen. I would be happy to discuss allergy medications with you.

**The main thing is for students to stay home if they have any COVID like symptoms. If we adhere to this, we will cause less disruption at school and it will cut down on parents leaving work for student pickup.

Please call or email me with any questions or concerns. I am a resource for all our students and families and my goal is to keep our students healthy and safe, while still learning.

Thank you,

Jenifer Parker, RN BSN
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