

COVID -19 Exclusion and Return to School

COVID-19 Exclusion from School Criteria (Update 8/27/2020 MTBOH)

A student (as well as any other members of the household) must be excluded from school if he/he/they have:

- **Two** of the following symptoms:
 - o Fever (measured or subjective)
 - o Chills
 - o Rigors
 - o Myalgia
 - o Headache
 - o Sore Throat
 - o Nausea or Vomiting
 - o Diarrhea
 - o Fatigue
 - o Congestion or Runny Nose
- **OR**
- **One** of the following symptoms:
 - o Cough
 - o Shortness of breath
 - o Difficulty breathing

If a child **does not** meet the above criteria (e.g., just has a fever), then the usual school exclusion applies (e.g., fever free for 24 hours without a fever-reducing medicine).

When to Return to School If a Child Meets the Above COVID-19 Criteria:

1. If the child does NOT see HCP or does NOT get a COVID-19 test
 - o Exclude for at least 10 days **and** child is fever-free for at least **24** hours without a fever reducing medication, **and** symptoms have improved.
2. Child sees HCP and has an alternate diagnosis- not COVID-19:
 - o Exclude from school using the usual school exclusion criteria based on the alternate diagnosis **and** child is fever-free for at least **24** hours without a fever reducing medication
3. Child gets tested and is positive for COVID-19
 - o Exclude for at least 10 days after the positive test result **and** child is fever-free for at least 24 hours without the use of fever-reducing medication, **and** symptoms have improved.
4. Child gets tested and is negative for COVID-19 **and** is fever-free for at least 24 hours without the use of fever-reducing medication, **and** symptoms have improved.
 - o *As long as the child hasn't been identified as a close contact or had recent travel from a state on the NJ Travel Advisory, exclude from school using the usual school exclusion criteria.*

IF THERE HAS BEEN CLOSE CONTACT/EXPOSURE

Close Contact/ Potential exposure If you or any member of your household has come in **close contact** with an individual with known or suspected COVID-19, you and the entire household **must isolate (stay home) for 14 days** even if asymptomatic.

What Counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 10 minutes or more
- 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.

A Health Care Follow up is advised to avoid unnecessary delays in return to school.

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AN HCP (health care provider) Note is Required When:

1. The illness is on the standard exclusion list and medical clearance is needed.
2. The child has an alternate diagnosis (symptoms not due to COVID)
3. The child had a negative COVID test (ideally taken at least 72 hours after symptoms appeared) and has no fever without the use of a fever reducing medication for at least 24 hours and symptoms are improved.
4. The student tested positive for COVID-19 and is given medical clearance to return after isolation. The MTDOH will give final clearance.

If any member of the household is showing 2 or more symptoms

Chills, Shivers, Muscle Aches, Headache, Sore Throat, Nausea, Vomiting, Diarrhea, Fatigue, Congestion, Runny Nose, Temperature greater than or equal to 100 degrees,
OR

If any member of the household is showing 1 of following Symptoms

Cough, Shortness of Breath, Difficulty Breathing, New Loss of Smell, New Loss of Taste

NO student or family member should come to campus.

Usual School Exclusion List (Illnesses other than COVID-19)

Conditions Requiring Exclusion-

Temporary exclusion is recommended when an illness prevents the child from participating comfortably in activities of the school. The child appears to be ill - this could include lethargy/lack of responsiveness, irritability, persistent crying, difficult breathing, or having a quickly spreading rash, fever and behavior change or other signs and symptoms (i.e. sore throat, persistent runny nose which can't be contained by the child, persistent cough, rash, vomiting, and diarrhea).

If the child is severely ill or is ill for more than 3 days, medical follow-up is advised. With a **usual school exclusion**, a HCP note is needed if the child is out of school for more than 4 consecutive days.

Communicable Diseases

Children who have contracted a contagious illness of any kind should not come to school.

These include the following:

Chicken Pox

Measles

Mumps

Pertussis

Rubella

Conjunctivitis – purulent

Hand Foot and Mouth Disease –Coxsackie Virus

Gastrointestinal Illness: Frequent loose or watery stools (2 above normal for child)

Vomiting more than 2 times in 24 hours

Hepatitis A

Meningitis - Bacterial or Viral

Mononucleosis

Skin infections- Staphylococcus or streptococcal including MRSA and Impetigo, Ringworm

Any Skin disease with open draining lesions

Strep throat

Shingles

Tuberculosis

A medical clearance will be required if the illness is due to a contagious illness on the usual exclusion list. The note should state the diagnosis and that the child poses no health threat to others.

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During the COVID pandemic it will be especially important for parents to keep the nurse informed about the reason for their child's absence.

609-466-1070 prompt 3 or nurse@princetonwaldorf.org

Please call the nurse for any questions or concerns