

**Northside Independent School District  
COVID-19 Information for Parents/Guardians January 2022**

**What are the symptoms of COVID-19?**

- Fever or chills
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle or body aches
- Diarrhea
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting

**How do I communicate with the school if my child has seasonal allergies, chronic migraines, gastrointestinal issues, asthma, etc.?**

1. If there is a medical history of these symptoms, please provide a doctor's note to the school nurse for documentation. Students will be assessed by the school nurse to determine if there is a change in the student's normal baseline.

**What procedure will be followed if my student shows symptoms of COVID-19 while at school?**

1. Students showing symptoms of illness will be assessed by the school nurse and monitored until they can be picked up by their parent/guardian.
2. School nurses have the ability to perform COVID-19 rapid testing for students whose parents/guardians have given consent to do so.
3. Students with symptoms who are not wearing a mask at the time of arrival to the clinic will be offered a mask to wear and the parent/guardian will be notified.

**What do I do if my student is at home or is sent home from school with a fever (100.0 degrees or greater) and/or any other symptoms of COVID-19 but has not been exposed to COVID 19?**

1. Contact your healthcare provider for guidance.
2. If the student has symptoms of COVID-19, and is not evaluated by a medical professional or tested for COVID-19, the student should not return to school until after at least 5 days have passed since symptoms first appeared. Additionally, at least 24 hours must have passed since the student had a fever (without fever reducing medications) and the student has had improvement of additional symptoms (cough, etc.). These three criteria should be met for readmittance on campus.
3. If the student is evaluated and is diagnosed with another condition, the student may return to school prior to 5 days with a healthcare provider's note. The student must also be fever free for at least 24 hours without the use of fever reducing medication. A COVID-19 test is **not** required if an alternate diagnosis is received from the provider.

4. Without an alternative diagnosis, a negative PCR test would be necessary for the student to return to school prior to 5 days.

### **When can my student return to school after being diagnosed with, and/or testing positive for COVID-19?**

1. Three criteria need to be met for readmittance on campus: 1) at least 5 days have passed since symptoms first appeared, 2) at least 24 hours have passed since the student had a fever (without fever reducing medication), 3) the student has had improvement of additional symptoms (cough, etc.).
2. If the student has tested positive or has been diagnosed with COVID-19 but has not had any symptoms they can return when 5 days have passed since the date of the positive test/diagnosis (return on the 6th day).

### **What do I do if my student is a close contact to a person with COVID-19 and has not been vaccinated?**

1. Contact your healthcare provider for testing and symptom guidance.
2. If the student is asymptomatic, parents may choose to quarantine their child but are not required to do so if the exposure occurred outside of the household .
3. Quarantine is necessary for a student who is a household member of someone who has tested positive. Quarantine may also be necessary for a student who is a household member of someone having symptoms following an exposure and is awaiting test results. Please contact your school nurse for any questions. According to CDC recommendations people who have come into [close contact](#) with someone with COVID-19 should be tested to check for infection at least 5 days after they last had close contact with someone with COVID-19. The date of the last close contact is considered day 0.
4. It is important to monitor for symptoms to include checking temperature twice a day.

### **Updated Guidelines to define fully vaccinated include:**

- **Fully vaccinated students ages 5 years - 17 years:** Completion of the 2 dose series and at least 2 weeks have passed since receipt of the second dose.
- **Fully vaccinated students ages 18 years or older:** Have been boosted **OR** completed the primary series of Pfizer or Moderna vaccine within the last 6 months and at least 2 weeks have passed since the second dose **OR** completed the single dose of the Johnson & Johnson vaccine within the last 2 months and at least 2 weeks have passed since getting the dose.

Fully vaccinated individuals exposed to a positive case do not need to quarantine as long as they are not having any symptoms. If the individual is having symptoms, they will need to complete a 5-day isolation period with 24 hours fever free and improvement of symptoms.

### **Travel Guidelines for unvaccinated individuals**

No quarantine is necessary for domestic or international travel as long as there is no history of exposure and the individual is not exhibiting any COVID-19 symptoms.