

**Northside Independent School District
COVID-19 Information for Parents/Guardians Fall 2021**

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 Dr.'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?

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 10 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 10 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. Without an alternative diagnosis, a negative PCR test would be necessary for the student to return to school prior to 10 days.

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

1. Three criteria must be met for readmittance on campus: 1) at least 10 days have passed since symptoms first appeared 2) at least 24 hours have passed since the student had a fever (without fever reducing medications) 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, at least 10 days must have passed since the date of the positive test/diagnosis.

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 keep their child at home, but are not required to do so and will be encouraged to keep their student at school. Keeping an asymptomatic child at home will not put them on a quarantine list and will not qualify them for remote conferencing.
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.
4. Please contact your school nurse for any questions.
5. It is important to monitor for symptoms to include checking temperature twice a day.

If the student is not a close contact, they will not be required to quarantine and will not be eligible for remote conferencing.

Fully vaccinated individuals do not need to quarantine if exposed to a positive case as long as they are not having any symptoms themselves.

Individuals are considered fully vaccinated 14 days after they received their final dose.

Vaccinated individuals with exposure to a positive case and having symptoms will need to complete a 10-day isolation period unless they have a physician's note to clear them to return sooner. Per guidance from the local health department a negative PCR alone will not suffice for them to return sooner.

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.