

# ST. SEBASTIAN'S SCHOOL

## Illness Guidelines 2020-2021

The health and safety of our students and faculty are top priority. In an effort to maximize the overall wellness of our community, St. Sebastian's School, in collaboration with the Needham Public Health Department have established the following illness guidelines.

*\*\*Please note, these guidelines are subject to change based on updated data from Centers for Disease Control and Prevention (CDC), the Massachusetts Department of Public Health (MDPH) the Department of Elementary and Secondary Education (DESE) and/or the Needham Public Health Department.*

St. Sebastian's families must perform a daily symptoms check for each student prior to departure for school each day. If a student experiences any symptoms of COVID-19, or any other illnesses listed below, please keep them home and follow the guidelines below.

ILLNESS	ACTION	EXCLUSION FROM SCHOOL	RETURN FROM SCHOOL
Exposure to COVID-19- identified as a close contact	Quarantine for 14 days at home and call healthcare provider for PCR COVID-19 test  Call school nurse	14 days quarantine, even if PCR COVID-19 test is negative	After 14 days of quarantine if no symptoms develop and cleared by: -Public Health Department -School Nurse
Diagnosis of COVID-19	Isolate at home for minimum of 10 days AND call school nurse	Minimum of 10 days, depending on resolution of fever and symptoms (could be longer if still experiencing symptoms). Must be 24 hours fever free off fever reducing medications AND have improvement of symptoms	Cleared by:  -Public Health Department -School Nurse
Symptoms suggestive of COVID-19	Stay home, call healthcare provider for evaluation and referral for PCR COVID-19 test  Call school nurse	Depends on the results of the test. - If negative PCR COVID-19 test, may return to school after 24 hours without a fever off of fever reducing medications, improvement of symptoms. If receives an alternative diagnosis in addition to a negative COVID-19 test, may return to school based on the recommendations for that alternative diagnosis (i.e. flu, strep throat, etc.) and be fever free for 24 hours off of fever reducing medications. - If no testing done-must stay home for 10 days of isolation, be fever free for 24 hours off fever reducing medication and have improvement of symptoms	Cleared by:  -School Nurse -Public Health Department -Healthcare Provider
Asthma	Stay home if requires nebulizer treatment for control	Until asthma symptoms controlled off nebulizer treatment	Cleared by:  School Nurse



Cold symptoms i.e. nasal discharge cough, sneeze	Stay home, call a healthcare provider for evaluation and referral for PCR COVID-19 test.  Call school nurse	-If <b>negative</b> PCR COVID-19 test, must be fever free off fever reducing medication for 24 hours, must have improvement of cough, must be able to self-contain nasal secretions and practice cough hygiene. -If PCR COVID-19 <b>positive</b> , will be followed by the school nurse/Public Health Department for isolation guidelines. -If <b>not tested</b> for COVID-19, must stay home for 10 days of isolation until resolution of symptoms, be fever free for 24 hours off of fever reducing medication, improvement of symptoms	Cleared by:  -School Nurse -Healthcare provider -Public Health Department (if positive test)
Conjunctivitis (pink eye)	Stay home, call healthcare provider for evaluation  Call school nurse	24 hours after ophthalmic antibiotic and cessation of purulent (pus) eye discharge	Cleared by:  -School Nurse
Cough due to pre-existing condition as documented by healthcare provider	Stay home and call healthcare provider for evaluation  Call school nurse	May return to school 24 hours if no fever off of fever reducing medications, has improvement of symptoms with treatment, and if has documentation from a healthcare provider that there is an alternative diagnosis i.e. asthma, seasonal allergies, etc.	Cleared by:  -School Nurse -Healthcare provider
Ear Infection	Stay home and call healthcare provider for evaluation  Call school nurse	24 hours fever free. Off all fever reducing medications	Cleared by: -School Nurse
Fever over 100 degrees taken orally without other symptoms	Stay home, call healthcare provider for evaluation and referral for PCR COVID-19 test  Call school nurse	-May return to school 24 hours if no fever off of all fever reducing medication and if has documentation from a healthcare provider that there is an alternative diagnosis excluding a viral syndrome and if there is a negative COVID-19 test. -If there is no alternative diagnosis and no COVID-19 test was done, must stay home for 10 days isolation and be fever free for 24 hours off medication	Cleared by:  -School Nurse -Healthcare provider
Headache in combination with other symptoms	Stay home if fever or no improvement with fluids and eating, call a healthcare provider for evaluation. If other symptoms or if someone else in the household is ill, consider PCR COVID-19 test and remain home until results are known  Call school nurse	-If positive COVID-19 test, will follow public health guidelines for isolation. - If negative, may return to school if has documentation of alternative diagnosis from healthcare provider	Cleared by:  -School Nurse -Public Health Department (if positive test)



Nausea/Vomiting/Diarrhea	Stay home and call healthcare provider for evaluation and referral for PCR COVID-19 test  Call school nurse	-If negative test, may return to school after 24 hour without a fever off of fever reducing medication and must be able to tolerate a typical diet for 24 hours. -If no testing done-must stay home for 10 days of isolation unless provides written documentation from healthcare provider with an alternative diagnosis	Cleared by:  -School Nurse -Healthcare provider
Pain	Stay home if requires narcotic medication for pain control.  Call school nurse	Until off narcotic medication and cleared by healthcare provider	Cleared by -School Nurse -Healthcare provider
Rash	Stay home and call healthcare provider for eval  Call school nurse	Until has documentation from healthcare provider with diagnosis and rash has improved (not open, draining, weepy, etc.)	Cleared by: -School Nurse -Healthcare Provider
Sore Throat	Stay home and call a healthcare provider for evaluation	-Until has documentation of an alternative diagnosis by a healthcare provider and improvement of symptoms. If diagnosed with Strep Throat, must stay home until on antibiotics for a full 24 hours, and must be fever free off of all fever reducing medications. -If COVID-19 test negative, may return after 24 hours if fever free off of all fever reducing medications and improvement of symptoms. - If awaiting COVID-19 test, must remain home and isolate while awaiting results -If positive COVID-19 test, must isolate and stay home until fever free off of fever reducing medications and improvement of symptoms	Cleared by:  -Healthcare provider -School Nurse -Public Health Department (if positive COVID-19 test)
Other illnesses	Stay home and call healthcare provider for evaluation  Call school nurse	Until diagnosis by healthcare provider	Cleared by:  -Healthcare provider -School Nurse