

Student Health and Wellness Policy

Addendum for COVID-19

Introduction

This addendum is intended for use in conjunction with current Student Health and Wellness sections in the Parent/Student Handbook. Where there are discrepancies, this Addendum will take precedence during Phase 3 of the school reopening period, based upon local community transmission rates.

The Centers for Disease Control and Prevention (CDC), Virginia Department of Health (VDH), and Fairfax County Health Department (FCHD) guidance have been used in creating this Addendum and every effort will be made to update our school health policies as guidance changes. Students, families, and educational staff should remain flexible during this fluid COVID-19 situation. Individuals should consult these local, state, and federal health agencies to keep current on changes to guidance.

Daily Symptom Checks

Screening is an important part of keeping our school open and limiting the spread of COVID-19. It is required that parents perform a daily health screening before sending their children to school IAW the "Required Agreement for Diocese of Arlington Catholic School Students," "Responsibility for Health Screening" document prepared by the Catholic Diocese of Arlington and signed by each parent at the beginning of the school year. Student will remain home if anyone in the household answers "Yes" to the daily screening questions.

Face Coverings

Students are required to wear masks when they come to school. Cloth face coverings should be washed daily. The following are not acceptable face coverings: gaiters, knitted masks, and valved face masks. Exemptions from wearing a face covering will be considered if they are supported with a note from a healthcare provider and a recommended substitute protective covering.

Medication Administration

In some instances, students may need to take medication at school. To the degree possible, parents (in consultation with their healthcare providers) should make every effort to identify ways that medications may be taken at home, instead of during school hours.

Any nebulizer medication delivery must be converted to an inhaler with a spacer to avoid Aerosolized Transmissible Diseases (ATD) of COVID-19.

Student daily medication times will be scheduled and staggered to avoid congregation in the school clinic. Parent and healthcare provider instructions will be consulted when creating medication schedule.

Mandated Vision and Hearing Screenings

The Superintendent of Public Instruction has waived the requirement in **VAC20-250-10** [↗](#) that the hearing of pupils in grades K, 3, 7, and 10 *be screened* within 60 administrative working days of the opening of school. However, schools must still provide hearing screens in the 2020-2021 school year and the scheduling of such hearing screens shall be completed no later than the 60th administrative working day of the school year.

Since an outside contractor, the Lion's Club, is utilized for screenings, students will enter an appropriately fitted mobile van for screening but still be required to adhere to social distancing of 6 feet apart. Screening should be done with a cohort system calling only students from one classroom at a time, in small groups (3 to 5 students). It is important to disinfect equipment between students.

People with COVID-19 have reported a wide range of symptoms, ranging from mild to severe. Symptoms may appear 2-14 days after exposure to the virus.

Signs and Symptoms of COVID-19

People with these symptoms may have COVID-19:

- Fever (100.4 degrees F) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Signs and Symptoms of Multisystem Inflammatory Syndrome in Children (MIS-C)

A new rare condition may affect children who had COVID-19 but later recovered. Children who are suspected of having signs and symptoms of MIS-C should be seen by a healthcare provider.

Common signs of MIS-C include:

- High fever, 100.4F or greater lasting several days Combined with:
- Abdominal pain
- Pink or red eyes
- Enlarged lymph nodes on one side of neck
- Cracked lips

- Red tongue
- Blotchy rash
- Swollen hands and feet
- Blood pressure/heart rate out of range
- Cardiac inflammation

Students Who Become Ill at Home/Before Coming to School

If your student has any of the COVID-19 symptoms at home (not easily explainable by other reasons) before coming to school, they must stay home. Notify the school of the symptoms. As above, they must then remain home for 10 days or be evaluated by their healthcare provider and be cleared to return to school earlier due to an alternate diagnosis. A doctor's note clearing them for return to school must be provided to the school nurse before their return.

If one of your children is staying home with COVID-10 symptoms, all your children who attend our school must remain home as well.

Students Who Become Ill During the School Day

Parents will need to pick their student up as soon as possible, but no later than one (1) hour after being contacted by the school nurse. Parents should ensure the school has their most current contact information and at least one (1) Emergency Contact that is authorized to pick up their child from school if they are not able to pick up their student within the one (1) hour after notification period.

Students will be considered to have a fever if their temperature is 100.0 F and above. Students with a fever will be sent home. The student may return to school when they have been fever free for 24 hours without taking anti-fever medications.

Children with COVID-19-like symptoms not easily explainable by other reasons, will be sent home. They must remain home for 10 days or be evaluated by a health care provider and be cleared to return to school earlier due to an alternate diagnosis. A doctor's note clearing them for return to school must be provided to the school nurse before their return.

If one of your children is staying home with COVID-10 symptoms, all your children who attend our school must remain home as well.

All students returning to school after illness should stop by the school clinic prior to going to their classroom.

Notifications

Notify the school nurse immediately if your student has been tested for COVID-19, has been in contact with someone who has tested positive for COVID-19, or is suspected or confirmed positive for COVID-19.

Return to in-person school guidelines below are based on stated CDC guidance. All students returning to school must stop by the school clinic with a clearance note prior to going to their classroom.

If your student has been tested for COVID-19, they must remain home until they have received notification of negative test results. A copy of this notification must be provided to the school nurse before the student can return to class.

If your student has been in contact with someone who has tested positive for COVID-19, they cannot return to in-person school for 14 days after their last contact with a person who has COVID-19. If they live with someone who has COVID-19, and a new household member gets sick with COVID-19, they will have to restart the 14-day quarantine period if the student had close contact with the newly diagnosed household member. (CDC, August 16, 2020)

What counts as close contact?

- Were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- Provided care at home to someone who is sick with COVID-19
- Had direct physical contact with the person (hugged or kissed them)
- Shared eating or drinking utensils
- The person sneezed, coughed, or somehow got respiratory droplets on you

If your student has symptoms of COVID-19 or have no symptoms but has tested positive, may not participate in in-person schooling. Refer to CDC (“If You are Sick”), VDH, and FCHD websites and instructions on when your student can return to school. Below find CDC guidance dated July 26, 2020 for guidance on when your student can return to school.

If you think or know your student had COVID-19 and your student had symptoms, they can return to school after:

- At least 10 days since symptoms first appeared AND
- At least 24 hours with no fever without fever-reducing medication AND
- Symptoms have improved
- (guidelines are different if they were admitted to a hospital and needed oxygen)

If your student tested positive for COVID-19 but had no symptoms, they can return to school after:

- 10 days have passed since the date they had their positive test
- (their healthcare provider might recommend they have repeat testing to end isolation earlier: If so, they can return to in-person school after receiving two negative test results in a row, from tests done at least 24 hours apart)