

COVID-19: Things to Know Before Coming to School



What are symptoms of COVID-19?

Anyone can have mild to severe symptoms. Symptoms may appear 2-14 days after exposure to the virus. Symptoms can include:

- Fever (measured 100°F), or feeling feverish
- Respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath
- General body symptoms such as headache, muscle aches, chills, and severe fatigue
- Gastrointestinal symptoms such as nausea, vomiting, or diarrhea
- Changes in a person's sense of taste or smell



What is MIS-C (Multisystem Inflammatory Syndrome in Children)?

MIS-C is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. Children with MIS-C may have a fever and various symptoms, including abdominal (gut) pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or feeling extra tired. We do not yet know what causes MIS-C. However, many children with MIS-C had the virus that causes COVID-19, or had been around someone with COVID-19. (<https://www.cdc.gov/mis-c/index.html>)

I Have a Chronic Condition That May Show Some of the Same Symptoms as COVID-19...



Some chronic conditions, such as seasonal allergies or asthma, may share some similar symptoms as COVID-19, making it difficult to know what the cause is. Because of this, it is important for parents and guardians to verify with their health care providers and provide documentation to the school nurses, prior to school starting, regarding any chronic health conditions a student may have AND what types of symptoms the student typically shows.

Screening Prior to Coming to School Each Day (for students and staff)

Prior to arriving to school or getting on the school bus, please screen your child or self for:



- Any **new or unexplained** symptoms of COVID-19 (listed above); this includes even mild symptoms
- Close household contact with someone who is confirmed to have COVID-19 in the prior 10 days
- Traveled Internationally or by cruise ship in the prior 14 days.

If the answer to any of the screening questions is "YES" please keep your child or self-home from school. If a student or staff member in school is to have any new or unexplained symptoms of COVID-19, they will be sent home from school.

What Should You Do if You Answered Yes to a Screening Question or Your Child was Sent Home from School for COVID-19 Symptoms?



Student and Staff Screening Algorithm: Page 9 of school toolkit

What to do if a student becomes sick or reports a new Covid-19 Diagnosis at School: Page 10 of school toolkit

A District Dismissal/Exclusion Letter will be sent home or emailed to the parent from the school nurse.

: Where Can I Go to Get Tested?

- You can call your healthcare provider
- You can call Nashua City Health Department at 603-589-3456, if you live or work in Nashua or visit: <https://www.nashuanh.gov/1383/Testing> for the most up to date testing information
- You can call or make an appointment with an Urgent Care facility
- [BinaxNOW™ COVID-19 Self-Test - Rapid Antigen COVID-19 Test](#): these are available at your local pharmacies. The schools will only accept a positive result from this test. Any negative test must be confirmed by a PCR antigen test.



When Can I Return to School?

Symptomatic students or staff can be allowed to return to school when the following have been met:





- The individual has received an approved COVID-19 test that is negative, **AND**
 - The individual has been fever-free for at least 24 hours off any fever-reducing medications, **AND**
 - The individual's symptoms are improving. Documentation must be provided to the school nurse if tested.
- We will accept at home Covid testing if the result is positive.

Your child's doctor has determined a different illness other than COVID-19 (i.e., flu, strep throat, allergies, etc.) and cleared your child to return to school with a written note that states the alternative diagnosis or explanation for illness.

IF the individual has received an approved COVID-19 test that is positive or the individual does not get tested for COVID-19, the individual can return to school when:

- It has been at least 10 days since the first symptoms started, **AND**
- The individual has been fever-free for at least 24 hours off any fever reducing medications, **AND**
- The individual's symptoms are improving

My student was exposed to someone with COVID-19. When Can I Return to School?

- [Self-Quarantine Guide for Unvaccinated Household Contacts](#) 
- [Self-Observation Guide for Individuals Exposed, But Not Required to Quarantine](#) 
- Review with your school nurse to determine the appropriate day to return to school.

Please see below.

What Should Students and Staff Expect When in School?

- Students and staff will be required to wear an approved face covering while at school. Face-coverings can be removed when students and are eating, outdoors and during short mask breaks determined by the staff member in charge.
- **Acceptable face-coverings include:** *cloth face covering made with multiple layers of fabric or a disposable surgical-style mask*
- **Unacceptable face-coverings include:** *masks with vents/exhalation valves, Gaiters (turtleneck style) or bandanas for masks (worn single layer), and face shields without a mask underneath*
- Masks should fit well at the sides and cover nose, mouth, and chin. Always wash hands before and after touching the face covering. Storage of a face covering should ideally be in a clean paper bag (a plastic bag or container are acceptable). Masks should not be worn on a lanyard, under the chin, or hang from your ear.
- Students' desks are spaced at least 3 feet apart from each other, when attainable.
- Students and staff will be educated on proper face-covering use, proper hand washing, and physical distancing
- Hand Hygiene: Wash with soap and water for 20 seconds or use hand sanitizer. Times to wash: First thing as we enter the building, Before and after eating, After recess. (for elementary school), After going to the bathroom, after blowing nose, before touching your eyes, nose, or mouth because that's how germs enter our bodies, before and after touching your mask, AND If your hands are visibly dirty or greasy (soap and water only).
- If you have any questions, please reach out to your school nurses or administrators!



We wish everyone a happy, healthy, and successful school year!