Harrison Public School District
School Nurses

Early Childhood Program-Eileen Gilgallon BSN, RN, CSN
Kennedy Elementary School-Olivia Lee BSN, RN
Lincoln Elementary School-Joanne Kristiansen BSN, RN, CSN

Hamilton Intermediate School-Kathy Jordan BSN, RN, CSN
Washington Middle School-Kristen Hohnecker BSN, RN, CSN
Harrison High School-Susan Hoffman BSN, RN, CSN

September 4, 2020

Dear Parents & Guardians,

In order to maintain the health and safety of our students and staff, the School Nurses of Harrison School District have put together some visual handouts that contain important information. We hope this will aid and assist you in answering any of your questions and concerns.

If you have any further questions or concerns, please contact your child’s School Nurse.

Looking forward to a successful and healthy school year during these trying times!!

In Good Health,
Harrison School District School Nurses
10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

1. Stay home from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.

3. Get rest and stay hydrated.

4. If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.

6. Cover your cough and sneezes with a tissue or use the inside of your elbow.

7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.

9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.

10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.


cdc.gov/coronavirus
How to Select, Wear, and Clean Your Mask

How to Select Masks

Updated Aug. 27, 2020

CDC recommends that you wear masks in public settings around people who don’t live in your household and when you can’t stay 6 feet away from others. Masks help stop the spread of COVID-19 to others.

Overview

- Wear masks with two or more layers to stop the spread of COVID-19
- Wear the mask over your nose and mouth and secure it under your chin
- Masks should be worn by people two years and older
- Masks should NOT be worn by children younger than two, people who have trouble breathing, or people who cannot remove the mask without assistance
- Do NOT wear masks intended for healthcare workers, for example, N95 respirators
- CDC does not recommend the use of gaiters or face shields. Evaluation of these face covers is on-going but effectiveness is unknown at this time.

How to Select

When selecting a mask, there are many choices. Here are some do’s and don’ts.

**DO choose masks that**

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and

**DO NOT choose masks that**

- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents, which allow virus particles to escape
- Are intended for healthcare workers, including N95
Caution: Gaiters & Face Shields

Evaluation is on-going but effectiveness is unknown at this time

Special Situations: Children

If you are able, find a mask that is made for children

If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin

Special Situations: Glasses

If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Do NOT put on children younger than 2 years old

How to Wear

Wear a mask correctly and consistently for the best protection.

- Be sure to wash your hands before putting on a mask
- Do NOT touch the mask when wearing it

Do wear a mask that
- Covers your nose and mouth and secure it under your chin
- Fits snugly against the sides of your face

For more information, visit our How to Wear Masks web page.

Do NOT wear a mask
How to take off a mask

1. Carefully, untie the strings behind your head or stretch the ear loops
2. Handle only by the ear loops or ties
3. Fold outside corners together
4. Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

How to Clean
Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.

- Include your mask with your regular laundry
- Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
- Use the highest heat setting and leave in the dryer until completely dry
For more information, visit our How to Wash Masks web page.

For more information, see our Masks web site. For information on the sources for our mask guidance, see Recent Studies.

Last Updated Aug. 27, 2020
COVID-19 Send Home Guidelines

Individuals sent home are referred to a healthcare provider for evaluation on whether testing is needed.

Two of the following:
- Body aches
- Chills
- Fatigue
- Headache
- Nausea
- Sore throat

OR

One of the following:
- Diarrhea
- Difficulty breathing
- Fever
- Loss of taste/smell
- New cough
- Shortness of breath
- Vomiting

OR

Been within 6 feet of somebody diagnosed with COVID 19 for greater than 10 mins
<table>
<thead>
<tr>
<th>Positive COVID Test</th>
<th>Negative COVID Test</th>
<th>No COVID Test</th>
<th>COVID Exposure</th>
</tr>
</thead>
<tbody>
<tr>
<td>May return after 10 days</td>
<td>May return when fever free for 24 hours without the use of medication AND Symptoms have improved</td>
<td>May return after 10 days AND No fever for 24 hours without medication AND Symptoms have improved OR MD note indicates alternative diagnosis</td>
<td>May return after 14 days with no symptoms</td>
</tr>
<tr>
<td>AND</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No fever for 24 hrs without use of medications AND Symptoms have improved</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If fever was the **ONLY** symptom, student can return once 24 hours’ fever free without use of medication.
If you have been notified that your child has been in close contact with someone who has COVID, your child must spend 14 days in quarantine — NO school, church, sports, errands or restaurants — NO hanging out with friends

A NEGATIVE COVID TEST DOES NOT CHANGE THIS
CLARIFICATION OF ISOLATION

People testing positive with COVID-19 or having symptoms should be isolated for at least 10 days after symptom onset and until 24 hours after their fever subsides without the use of fever-reducing medications.
This is a mask.
This is a chin guard.
Know the difference.

#MaskUp