

Amesbury Public Schools

Most common SYMPTOMS of COVID-19 and testing requirements

It is important to know that the symptoms of COVID-19 mimic the symptoms of many other illnesses. To protect all students and staff, any symptoms of COVID-19 will be treated as a suspected case until determined otherwise.

When in doubt, STAY HOME

- **STAFF/STUDENTS:** Please notify your school when sick, leaving a detailed message of symptoms along with the best phone contact to be reached.
- Notify your physician.
- The school nurse or designated staff will follow up with proper guidance.

Below is the full list of symptoms for which caregivers should review daily and monitor their children, and staff should review daily and monitor themselves:

Please STAY HOME if you have any of the symptoms listed:

- ✓ Fever (100.0° Fahrenheit or higher) / shaking chills (CDC has lowered the temperature from 100.4 to 100.0)
- ✓ Cough (not due to other known cause, such as chronic cough)
- ✓ Difficulty breathing or shortness of breath
- ✓ New loss of taste or smell
- ✓ Sore throat
- ✓ Muscle aches or body aches
- ✓ Nausea, vomiting, or diarrhea
- ✓ *Headache *when in combination with other symptoms
- ✓ *Fatigue * when in combination with other symptoms
- ✓ *Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms
- ✓ **If staff or students have any of these symptoms, they should be tested and must follow the protocols found on Key Action Chart included.**

<http://www.doe.mass.edu/covid19/return-to-school/supplement/>

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Quick reference sheet: Key actions for individual COVID-19 events

| Event | Location of Event | Testing Result | Quarantine |
|--|--|---|---|
| Individual is symptomatic | <p>If an individual is symptomatic <u>at home</u>, they should stay home and get tested.</p> <p>If an individual student is symptomatic <u>on the bus or at school</u>, they should remain masked and adhere to strict physical distancing. Students will then be met by the nurse and stay in the medical waiting room until they can go home. They should not be sent home on the bus. If an individual staff member is symptomatic at school, they should find coverage for their duties and then go home and get tested.</p> | Individual tests negative | Return to school once 24 hours have passed with no fever and improvement in symptoms, without the use of fever reducing medications. |
| | | Individual tests positive | Remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from local board of health or MA Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least 10 days and until at least 24 hours have passed with no fever and improvement in other symptoms. |
| | | Individual is not tested | Remain home in self-isolation for 10 days from symptom onset, then return once 24 hours have passed with no fever and improvement in symptoms, without the use of fever reducing medications. |
| Individual is exposed to COVID-19 positive individual | <p>If an individual is <u>at home</u> when they learn they were in close contact with an individual who tested positive for COVID-19, they should stay at home and be tested 4 or 5 days after their last exposure.</p> <p>If an individual is <u>at school</u> when they learn they were in close contact with an individual who tested positive for COVID-19, they should be masked for the remainder of the day (including K-1 students) and adhere to strict physical distancing. At the end of the day, they should go home and should not take the bus home. They should stay at home and be tested 4 or 5 days after their last exposure.</p> | Individual tests negative OR Individual is not tested | Remain home in self-quarantine for 14 days from exposure |
| | | Individual tests positive | Remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from local board of health or MA Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least 10 days and until at least 24 hours have passed with no fever and improvement in symptoms, without the use of fever reducing medications. |

Sick Calls from home Plan

Amesbury Innovation High School

Principal: Eryn Maguire

School Nurse: Amber Quigley, 978-388-8037

Sick Call Message Line: 978-388-8037

- Record/leave name of staff or student (Secretary to transcribe)
- Please ask/leave reason for calling out (include symptoms)
- Request/leave best Phone number to be reached at
- All symptomatic individuals' privacy must be upheld

Report sick calls for Covid-19 symptomatic staff/students to the school nurse for evaluation. The nurse will perform follow up calls reviewing symptoms of Covid-19 with parents/staff establishing timelines and identify any potential close contacts.

Protocol for symptomatic student at school

- Teacher/Staff will call the nurse to inform they have a student presenting with *illness, injury or other* (personal, incontinence, etc.)
- Teacher will ensure the student is wearing a mask that covers nose and mouth at all times
- Nurse or other designated point of contact will accompany the child to health office while maintaining 6 ft. apart. Student will wait in the designated, supervised medical/isolation room where a new surgical mask will be provided upon assessment. If warranted, proper dismissal protocols will be followed.

Protocol for symptomatic staff at school

- As noted above, staff should be encouraged not to come to school if they are experiencing any symptoms of COVID-19.
- The Staff person will notify the front office and the school nurse. The staff person will be given a surgical mask and will go home after speaking to the nurse.
- Nurse will document the onset of illness and where in the building the staff person was working. Nurse will list close contacts of the staff person.

Nurse/Designee will notify the Local Board of Health of all possible positive cases (#'s below)

Amesbury Public Health Nurse: Tina LaCourse: 978-519-0338

Amesbury Public Health Nurse Consultant: Diane Darden: 781-710-0841

