



GOOD SHEPHERD
S C H O O L

Family Health Checklist

Please complete this daily before sending your child to school. Together we can work to help mitigate spread. If you answer 'YES' to any of these questions about your child or yourself, please keep your child home and contact your healthcare provider and the school.

- ❖ Do you have a fever of 100.4 or higher, without having taken any fever reducing medications?
- ❖ Do you have a loss of smell or taste?
- ❖ Do you have a cough, muscle aches, sore throat, shortness of breath, chills or a headache?
- ❖ Do you have a stomachache, diarrhea, or a loss of appetite?
- ❖ Have you or anyone you have been in close contact with recently been diagnosed with COVID-19?

Protocols for COVID-19

The following protocols align with references from the Minnesota Department of Health (MDH), Center for Disease Control and Prevention (CDC), American Academy of Pediatrics (AAP), and other local physician recommendations.

If a student or staff member tests positive for COVID-19, it must be reported to the school office promptly. The sick person should follow MDH protocols immediately, separate from others, and monitor for symptoms, such as; fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or loss of taste or smell.

Parents and guardians will be notified if their child is in a cohort with a positive COVID-19 case. That cohort of students and their teacher must quarantine and follow MDH requirements.

If a student or staff person's household member who DOES NOT attend Good Shepherd gets COVID-19, that student or staff member and their immediate household members need to quarantine. However, since that student or staff member is not positive for COVID-19, the cohorts they were in contact with would NOT need to quarantine.

Those sick or symptomatic with COVID-19 must stay home until all three of these things are true:

- ❖ You feel better. Your cough, shortness of breath, or other symptoms are better.
- ❖ It has been 10 days since you first felt sick.
- ❖ You have had no fever for the last three days (72 hours) without using medicine that lowers fevers.

Those in contact with confirmed COVID-19 persons must:

- ❖ Quarantine for 14 days since last possible exposure.
- ❖ Monitor for symptoms.

COVID-19 Symptoms and Returning to School

Students or staff members who go home and are experiencing COVID-19 symptoms, should not return to school until they obtain a negative COVID-19 test or have an alternate diagnosis with a doctor's letter. If they go home with COVID-19 symptoms and do not seek medical care, they must stay home for 10 days.

COVID-19 Guidance for Community Exposure

Staff members will social distance from other staff members and adhere to the exposure guidelines from the CDC.

Protocols for Other Illness (Not COVID-19)

If while in school your student presents another type of illness unrelated to COVID-19, the school will contact a guardian for pickup, and that student may **not** return to school the following day.

After being home for the remainder of the school day and the following day, the student may return to school if their symptoms have subsided *and* medical advice from their healthcare provider was sought.

Any time your student goes home ill, you must schedule an appointment or a phone call with the student's healthcare provider to seek medical advice on how to handle symptoms.

Following your primary health care providers directives, your student can return to school once symptoms have subsided and after the additional day.

Please remember to email the school office regarding the results from your healthcare provider. These results will be kept confidential.

We do recognize there are several times a student goes home mid-day and is not symptomatic the next day – however we ask that you still keep your student home one additional day.