



COVID-19 Guidelines School Health Office

When to stay home

Students should be kept at home for the following reasons:

- Suspected COVID-19 infection of the student or household contact
- Student has been exposed to someone that has tested positive for COVID-19
- Student or household contact is awaiting results of COVID-19 testing
- Student or household contact has tested positive for COVID-19
- Student is experiencing any of the symptoms listed below:
 - Fever - a temperature of 100.0°F or higher without the use of fever reducers
 - A low-grade fever or temperature less than 100.0°F **with** other symptoms
 - Persistent cough or a child that is unable to cover mouth during coughing
 - Shortness of breath
 - Chills
 - Generalized body aches or muscle pain
 - Severe sore throat or white patches visible upon inspection
 - Headache with other associated symptoms
 - Loss of taste or smell
 - Severe cold symptoms including copious nasal drainage
 - Active vomiting or diarrhea
 - Eyes that are red, swollen or draining
 - Undiagnosed, new, and untreated rash or skin condition
 - **The first 24 hours after beginning of antibiotic treatment**

If a Student Becomes Ill while at School

- The school nurse will be on campus during school hours each day and will be on call during after school care until 6:00 pm.
- If a student presents with signs and symptoms associated with an infectious disease, the school nurse will isolate the student in the isolation room until the parent arrives.
- Upon arrival, the parent will call the front desk and the nurse will escort the student to the parent's car with the school nurse to be signed out.
- Further instructions on when to return to school will be provided by the school nurse based on the school's policy and the nurse's clinical judgement.



COVID-19 Guidelines School Health Office

When to Return to School - Other Illnesses

School nurse must be notified prior to faculty or student's return for approval.

- Vomiting or diarrhea - 24 hours after last episode.
- Fever - 24 hours fever-free without the use of fever-reducing medications such as Acetaminophen (Tylenol) or Ibuprofen (Motrin or Advil).
- Antibiotic therapy for a full 24 hours for bacterial infections.
- Cold symptoms are mild enough so as not to interfere with participation in school activities or infect others.
- Doctor's note of clearance upon request from the school nurse.
 - All illnesses will be handled according to the [TDOH Return to School Algorithm](#) and the school health office.

Medications

Medication should be administered at home whenever possible. Once or twice daily medications will not be administered during school hours. If medication must be administered at school, parents are required to sign a medication authorization form and present the medication in its original labeled container.

Over the Counter Medications

- Due to COVID-19 symptoms, as needed OTC medications that also reduce fevers will not be administered. This includes Acetaminophen (Tylenol), Ibuprofen (Advil and Motrin), and Naproxen Sodium (Aleve). Non-pharmacological methods will be tried first and if symptoms persist, a parent will be asked to come pick up the student for the remainder of the school day.
- Over the counter (OTC) medication will ONLY be dispensed by the school nurse when a parent brings the medication in the original medication container labeled with the child's name and date to the nurse. The medication should be brought on the day it is to be administered or with specific dates and/or conditions under which the medication is to be administered (i.e., migraine headaches).
- The parent must fill out a Medication Authorization Form that will be kept on file in the nurse's office.

Prescription Medications

- Prescription medications will only be administered to children whose parents have completed a Medication Authorization Form.
- Medication must be in the original, pharmacy-labeled container.
- Students with nebulizer aerosol treatments will be asked to provide inhalers with spacers as an alternative due to potential spread of COVID-19.

COVID-19 Guidelines School Health Office

Responding to COVID-19 Cases

- Any student or faculty diagnosed with COVID-19 will not be permitted on campus.
- Any student or faculty who has had close contact with someone diagnosed with COVID-19 will not be permitted on campus until an appropriate period of quarantine has been met according to [TDOH Quarantine & Isolation Guidelines](#) and approval from the school health office.
- Exceptions to quarantine guidelines include:
 - Those that are fully vaccinated (≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose in a single dose vaccine) and have remained asymptomatic since the exposure to COVID-19
 - Those who have had COVID-19 illness within the previous 3 months **and** have recovered **and** remain without COVID-19 symptoms.

Student Suspected of Being Ill in Class

If a teacher notices or suspects, or a student complains of being ill, the following procedure should occur:

- The teacher will notify the nurse on call via walkie-talkie of student symptoms and have the student wait directly outside the classroom door.
- Student will remain in the isolation room until the parent arrives, and the student is escorted to the parent's car by the school nurse.
- If a student presents with "COVID-like Illness" symptoms, the student and siblings will be required to leave the school until the student is assessed by a Healthcare Professional.

When to Return after COVID-19

School nurse must be notified prior to faculty or student's return to school to discuss re-entry plan.

If faculty or student is diagnosed with COVID-19 through positive laboratory confirmed testing, return to school may occur after:

- At least 10 days have passed *since symptoms first appeared*
AND
- At least 24 hours have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications
AND
- Improvement in respiratory symptoms (e.g., cough, shortness of breath)



COVID-19 Guidelines School Health Office

Positive Case in the School

- In accordance with state and local laws and regulations, nurse will notify Shelby County Health Department of any reported positive case of COVID-19.
- In accordance with state and local laws and regulations, administrators will notify faculty and affected families of any case of COVID-19 while maintaining confidentiality.
- Any students or faculty with close contact with a person diagnosed with COVID-19 will be advised to stay home and self-quarantine according to the [TDOH Quarantine & Isolation Guidelines](#).
- Exceptions to quarantine guidelines include:
 - Those that are fully vaccinated (≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose in a single dose vaccine) and have remained asymptomatic since the exposure to COVID-19.
 - Those who have had COVID-19 illness within the previous 3 months **and** have recovered **and** remain without COVID-19 symptoms.
- If symptoms develop from any faculty or students during self-quarantine period, CDC guidance should be followed, and nurse notified immediately.

Quarantine & Isolation Guidelines

- Any faculty or student that has been identified as a **close contact** to someone with COVID-19 must quarantine and may not return to school until cleared by the school health office. Recommended quarantine is 14 days. The quarantine period begins the day AFTER last day of exposure to the positive person.
- Quarantine and isolation guidelines will be followed using the [TDOH Quarantine & Isolation Guidelines](#).
- Close contact is defined as:
 - You were within 6 feet of someone who has COVID-19 for at least 15 minutes over a cumulative period of 24 hours
 - You live with someone sick with COVID-19
 - You provided care at home to someone who is sick with COVID-19
 - You had direct physical contact with the person (touched, hugged, kissed)
 - You shared eating or drinking utensils with someone diagnosed COVID-19
 - You were exposed to a sneeze, cough, or respiratory droplets of a person with COVID-19
- Those who are fully vaccinated (>2 weeks after last dose of vaccine) and are not experiencing sign and symptoms associated with COVID-19 are not required to quarantine.
- A copy of the “CDC COVID-19 Vaccination Record Card” must be provided to the school health office for any person choosing not to quarantine after an exposure.



COVID-19 Guidelines School Health Office

Quarantine & Isolation Guidelines (cont.)

- **If symptoms develop, all people – regardless of vaccination status – should isolate** and be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated.
- Anyone previously diagnosed with COVID-19 is not required to quarantine if they meet all the following criteria:
 - Had COVID-19 illness within the previous 3 months **and**
 - Have recovered **and**
 - Remain without COVID-19 symptoms
- Antibody testing is not appropriate for return to school and will not be accepted as an alternative to quarantine or isolation.

Acceptable SARS-CoV-2 Testing

- Student or faculty must have a negative **SARS-CoV-2 PCR test** to return to school.
- Antibody tests are not approved for return to school.

Helpful Links

[Student Screening Tool](#)

[COVID-19 Guidelines](#)

[TDOH Quarantine & Isolation Guidelines](#)

[TDOH Return to School Algorithm](#)

[CDC Key Things to Know About COVID-19 Vaccines](#)

[AAP COVID-19 Testing Guidance](#)