

As school begins please help reinforce the following healthy hygiene practices with your students which include:

- **Proper handwashing** for at least 20 seconds with warm water and soap (before eating, after using the bathroom, after blowing your nose, coughing or sneezing, if hands are visibly dirty, and when returning home)
- **Use hand sanitizer** with at least 60% alcohol if soap and water aren't available
- **Do not touch your face** with unwashed hands
- **Students are to wear a mask per Public Health Order**

Can it be treated in the classroom (to prevent potential exposure to infectious disease, promote isolation, and decrease health office congestion)?

No

Send student to health office with Health Office Visit Request form completed

Yes

- Paper cuts (wash site and apply a bandage)
- Minor headaches and/or fatigue (allow student to get a drink of water and wait until next break)
- Mild stomachache and/or nausea (allow student to use bathroom, rest head on desk, get a drink, and wait until next break)
- Bug bite (if no sign of allergic reaction apply cool paper towel to area to discourage scratching)
- Anxiety/Stress/Psychological issue (if not affecting breathing or medical health, try redirection or refer to counseling or other applicable services)
- Loose or lost tooth
- Minor cold symptoms
- Old injuries
- Chapped lips
- Hunger

Situations that should be sent to health office include:

- Emergency situations involving seizure activity, head injury, severe bleeding, severe allergic reaction (call 911)
- Confusion/disorientation (decreased level of consciousness)
- Fall from height with possible spinal cord injury (do not move student, call 911)
- Shortness of breath/difficulty breathing
- New sudden vision changes
- Foreign object in eye
- Diabetic low blood glucose

***IF YOU FEEL SICK; STAY HOME!***

Reinforce health hygiene practices with your children which includes:

- **Proper handwashing** for at least 20 seconds with warm water and soap (before eating, after using the bathroom, after blowing your nose, coughing or sneezing, if hands are visibly dirty, and when returning home)
- **Use hand sanitizer** with at least 60% alcohol if soap and water aren't available
- **Do not touch your face** with unwashed hands
- **Sneeze into your sleeve**

Keep your child home if:

- Fever 100.4F or higher
- Shortness of breath or difficulty breathing
- Sore throat
- Muscle aches and pain
- Cough (not related to asthma)
- New loss of taste or smell

Return to school after:

Students and staff should follow these guidelines (if positive for COVID OR showing any COVID symptoms) per Utah Department of Health before returning to school or being around others:

- they have had no fever for at least 24 hours (that is one full day of no fever **without** the use of medicine that reduces fevers), **AND**
- other symptoms have improved (for example, when your cough or shortness of breath have improved), **AND**
- at least 10 days have passed since symptoms first appeared.

***IF YOU FEEL SICK; STAY HOME!***

Does student have symptoms of COVID-19?

- Temperature 100.4 or greater
- Coughing with shortness of breath or difficulty breathing (students with a history of asthma should follow separate flowchart to determine if symptoms are related to asthma or COVID-19)
- Sore throat
- New loss of taste or smell
- Muscle aches or pain
- Children may also present with:
  - Chills
  - Fatigue
  - Congestion/runny nose
  - Nausea/vomiting
  - diarrhea



Yes

- Provide clean pillow cover for each student
- Wipe down bed and pillow with sanitizer between each student
- Have student wash their hands for 20 seconds before returning to class

If yes:

- Staff should be wearing PPE (if available), mask and gloves are not optional.
- Ensure the student is wearing a mask.
- Notify parent/guardian to come and pick up student. Make recommendation to follow up with health care provider if warranted
- Keep student isolated from other individuals until parent arrives
- Notify custodial staff to come and sanitize the health office. Wait as long as possible (greater than 24 hours preferred) to minimize potential for exposure to respiratory droplets.
- **Call 911 if:**
  - **Trouble breathing**
  - **Persistent pain or pressure in the chest**
  - **New confusion**
  - **Inability to wake or stay awake**
  - **Bluish lips or face**

When a **CONFIRMED** case of COVID-19 has entered the school:

- Work with local health department to help administration determine a course of action for the school
- Work with administration to communicate with staff, parents, and students to maintain confidentiality of student/staff and present clear message to those involved.