

# Swallow School District Health Procedures

**2020-21**

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**SWALLOW SCHOOL DISTRICT**  
**INSPIRING EXCELLENCE SINCE 1844**

**School is going to look a little different this year. Health room policies are going to be different this year. This document is here to help answer questions and provide information on what you can expect.**

**Please remember that this information is subject to constant change and fluctuation. It will be updated as information changes.**

**Things you can do to  
help prepare for the  
upcoming school  
year.**





# Start practicing wearing face coverings now

## **Face coverings are currently mandated for all Swallow students.**

In order to be exempt from wearing a mask, your child must have a documented medical condition that would prohibit him/her from doing so. A doctor's note may be required. Asthma or other respiratory conditions do not warrant an exemption.

## **Try different face coverings and ensure one that is the best fit for your child.**

Masks with vents or valves will not be allowed due to ineffectiveness.

Make sure your mask passes the candle test! If you can blow a candle out while wearing a mask, it may not be effective.

[How to Wear a Face Mask](#)

[CLOTH FACE COVERINGS IN SCHOOLS What Families Need to Know](#)

[AAP urges universal cloth face coverings for those ages 2 and up, with 'rare exception'](#)



# Review Daily Home Screening Procedures

**Swallow School is asking all parents to screen their child for any COVID-related symptoms before leaving the house for the day.**

The CDC does not currently recommend universal symptom screening of students upon arrival to school.

**Please use [THIS](#) symptom screening tool from the CDC.**

If the student/parent answers YES to any question in Section 1, but No to any question in Section 2, the student should not come to school.

If the student/parent answers YES to any question in Section 1 and YES to any question in Section 2, the student should be referred for evaluation by their healthcare provider and possible testing.

# Terms



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# What does isolation mean?



**Isolation means separating sick people with a contagious disease from those who are not sick.**

**If you tested positive for COVID AND have symptoms you must stay home for:**

At least 10 days since symptoms first appeared and

At least 24 hours with no fever without fever-reducing medication and

Symptoms have improved

**If you tested positive for COVID AND you do not have symptoms you must stay home for:**

10 days have passed since the date you had your positive test



# What does quarantine mean?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

People who have been in close contact with someone who has COVID-19 (excluding people who have had COVID-19 within the past 3 months) would need to quarantine.

**IMPORTANT-** a negative COVID test does not end a person's quarantine. The 14 days still need to be completed.





# What does close contact mean?

Close contact is anyone who has been within 6 feet of a person infected with the virus for a prolonged period of time, or has had direct contact with the infected person's secretions. This includes:

- People who have been within 6 ft for 15 cumulative minutes per day with someone who tested positive

- People that have provided care at home to someone with COVID

- People that had direct contact with a person with COVID (hugged/kissed)

- People that shared eating or drinking utensils with someone who tested positive

- People that were directly sneezed/cough on by someone who tested positive

# Sick Policies





## **Non-COVID related illness**

**We understand that children are bound to get sick with non-COVID related illnesses. If your child is not feeling well or has any cold symptoms, we ask that your child stay home until their symptoms are improved. If your student is diagnosed with a communicable disease that has similar symptoms to COVID, a doctor's note would be required to return to school.**

**We also realize that student's have baseline symptoms related to chronic conditions (allergies, asthma, etc) that could be appear to be COVID-like symptoms. We will do our best to take into consideration student's baseline symptoms in these situations.**

**Based on the current case rate and trends within Swallow, a doctor's excuse may be required for return to school if your student was out for multiple days.**



# If your child has vomiting and/or diarrhea

**If your child goes home with vomiting and/or diarrhea without the presence of a fever, your child will be sent home for 24 hours after the time of his/her most recent vomit/diarrhea episode.**

**If your child goes home with vomiting and/or diarrhea WITH the presence of a fever your child will be referred for COVID testing. They will not be allowed to return to school until the test results are negative and documentation is received from the Waukesha Health Department.**

**\*\*If your child tests positive, they will need to follow isolation guidelines.**

**\*\*Note: If you have received a negative result, but do not have a physical document, contact Nurse Beth. She will contact the health department for confirmation before you can return.**

# If your child is sent home with COVID symptoms.



**Your child will be referred to their primary care provider for evaluation and the possibility of COVID testing.**

**If your child is not tested for COVID, your child will be assumed to be COVID positive and will need to follow isolation guidelines.**

**If your child's COVID test comes back negative (and they have no known positive close contacts), they can return to school. You must have physical documentation of your student's negative result.**

**A doctor's note will only be accepted if as long as it is in compliance with State and County standards.**

# Next steps if your child was sent home with COVID symptoms and results are *positive*.



If your student tests positive for COVID, they must follow ISOLATION guidelines and will be instructed to start virtual learning. They will not be allowed to return to school until the isolation is complete AND they have documentation from the Waukesha Health Department.

Any siblings would be sent home as well and be required to follow QUARANTINE guidelines AFTER the positive sibling finishes his/her isolation.

**THIS** video from the North Shore Health Department provides further explanation and great examples.

# Communication





# How will I know if I am a close contact?

It is the role of The Waukesha Health Department (WHD) to establish contact with close contacts. The WHD has assigned a specific disease investigator to our school district who will work closely with Nurse Beth.

Once Nurse Beth is notified of a positive case within the school population, she will provide the WHD with the close contacts from school. The WHD will then contact families and notify them.

Due to privacy laws, COVID cases within the school will be shared with minimal information. Please review [THIS](#) document for more information.



# What documentation needs to be provided to return to school?



The Waukesha Health Department will be providing documentation for families to provide to Swallow to return to school.

Doctor's notes will not be accepted to end quarantine or isolation. Doctor's notes will only be accepted if they are in compliance with County and State standards.

# Scenarios



IF	THEN	TOTAL DAYS AT HOME
Your child tests positive for COVID	Your child should be in isolation over the course of at least 10 days and needs to remain at home to prevent the spread of infection. If your child has symptoms, they must be fever and symptom free for 24 hour hours without the use of medication before returning to in-person instruction and 10 days have passed since the start of their symptoms.	At least 10 days from date of test (not the date you receive your results)
Someone in your child's household tests positive for COVID	Your child will need to remain at home during the time any members of the household that test positive are isolating plus an additional fourteen calendar days after the infected member/s of the household are released from isolation.	At least 24 days from the date of household members onset date
Someone your child has been in "close contact" with tests positive for COVID	Your child needs to remain at home over the course of 14 days to monitor for the development of symptoms. If your child is symptom-free throughout this time, then afterward your child can return to in-person instruction. This assumes your child does not develop symptoms during the quarantine period.	At least 14 days from date of exposure
Your child tests negative but has been in "close contact" with someone that tests positive for COVID-19	Your child will need to remain at home for the remainder of their 14 days from the date of exposure. A positive test result can occur any time during the 14 days they are at home.	At least 14 days from date of exposure

# Examples



**Your child's friend (who is a close contact), tests positive. Your child would then have to quarantine. If you child does not have any symptoms, the rest of your family would NOT have to quarantine. If at any time your child develops symptoms he should be tested. If the child's test comes back positive, the rest of the family starts to quarantine. If the child's test comes back negative, the remaining part of his/her quarantine will still need to be finished for a total of 14 days.**

# Examples



**You as the parent start experiencing symptoms and test positive. You would begin isolation and the rest of the members in your household stay home. When your 10 day isolation ends, the rest of the members of your household start their 14 day quarantine. The original positive parent can return to work. The rest of the members of the household never get symptoms and return to school and work at the end of their 14 days for a total of 24 days.**

# Examples



**Similar to the previous-- You as the parent start experiencing symptoms and test positive. You would begin isolation and the rest of the members on your household stay home. When your 10 day isolation ends, the rest of the members of your household start their 14 day quarantine. The original positive parent can return to work. One of the 2 children in the house test positive on day 12 of their quarantine. That child now begins their isolation. The original parent still can be at work. The other parent and other child still remain at home. The positive child ends his/her isolation after 10 days and can return to school. The remaining parent and child now start their 14-day quarantine. They never develop symptoms and return to school after 46 days at home.**

# Examples



**Your child's teacher tests positive. Your child is identified as a close contact and goes home to start his/her 14 quarantine. As long as your child remains without symptoms, the rest of the child's household DOES NOT need to quarantine. Your child completes his/her quarantine without symptoms and returns to school.**

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**Your child's teacher tests positive. Your child is identified as a close contact and goes home to start his/her 14 quarantine. As long as your child remains without symptoms, the rest of the child's household DOES NOT need to quarantine. On day 5 of quarantine, your child tests positive. The rest of the household would now remain at home and start their quarantine after the positive child completes his/her 10 days of isolation.**

# Examples



**Your child's teacher is a close contact of someone who is positive. The teacher, who has been without symptoms, goes home to begin his/her 14 day quarantine. Your child would remain at school.**



# Examples



**Your child has a sore throat and fever. She is sent home and referred to her provider for a COVID test. Once at the doctor's office, a strep test is done. The results are positive. Because your child has a differential diagnosis that rules out COVID, she can return to school 24 hours after the start of antibiotics AND after being fever-free with symptom improvement for 24 hours.**

**Because there is still the possibility of having COVID, we stress to still monitor your child for 2 weeks from the onset of symptoms.**

# Testing Site Information



[ProHealth Testing Site Information](#)

[Public Testing Sites](#)

**Questions?**  
**Email Nurse Beth-**  
**nurse@swallowschool.org**

