



March 12, 2020

Dear Parents:

St. Joseph Health System School Health Services and our school nurse have asked us to promote and adopt the following guidelines regarding the COVID-19 virus:

- When [reporting absences](#), please state the exact reason for the absence (i.e. vomiting, fever, coughing).
- The CDC does not recommend people who are well to wear masks.
- If a student has a fever and a cough, they will be kept away from others and parents will be called to pick them up.
- Students with these symptoms will be encouraged to contact a healthcare provider for further evaluation.
- Students will be allowed to carry water bottles to school, in lieu of using drinking fountains. We have a water bottle filling station in the lower level.
- Communicate with students good hand hygiene techniques and cough etiquette:
 - Wash hands for at least 20 seconds
 - Cover coughs and sneezes with a tissue or sleeve
 - Discourage touching face, sharing drinks/food
 - Discourage handshaking, high-fives, and other forms of close contact
- If your family travels outside of the country, please let us know. A 14-day self-isolation time, from the time of return, is recommended to assure no infection if there has been a chance for exposure.

As parents, we know that it is always difficult to decide when a child should stay home from school. Here are a few guidelines to help you make that decision. We appreciate your help keeping our school a healthy environment for all students!

- A fever of 100 degrees or higher before school in the morning- do not have the student return to school until the student has been fever free for 24 hours without the use of fever reducing medications.
- A “heavy cold or hacking cough”, even without a fever (cough that disturbs normal activity).

[Continue reading more here...](#)