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Parent/Guardian Guide to Monitoring COVID Symptomatic and Exposed Students

This sheet provides information for Parents in the event a student becomes symptomatic with COVID-19 symptoms while at school and/or becomes exposed to COVID-19.

As always, we will monitor students throughout the day for symptoms of any kind, which will include *fever, cough, shortness of breath, diarrhea, nausea, and vomiting, abdominal pain, and unexplained rash*. Children who appear ill will be separated from the larger group and brought to a private room by the nurse's office. For a child suspected of having a fever, a non-contact or temporal thermometer will be used to check the child's temperature.

Parents/Guardians will be called immediately and will have to come to school and pick up their child as soon as possible. If a parent is not available, then the emergency contact person will be called. The child will be supervised at all times while in the clean sick room. A separate exit will be used to discharge the student. A private bathroom will also be available.

Next Steps for Parents:

The parent will need to contact their healthcare provider for further medical assistance once home and will need to contact the school nurse with the outcome of the medical assistance/COVID test results as soon as possible.

If a Student Contracts COVID-19:

Sick students who are COVID-19 positive or symptomatic and presumed to have COVID-19 by their medical provider must not return to school until they have met the criteria for discontinuing home isolation and tests

negative for COVID-19, usually 14 days starting from date the symptoms started.

Contact Tracing will go into place requiring that the school and parent cooperate with the Healthcare provider, Waltham Board of Health, and Milestones. All will maintain confidentiality always.

In the event the School experiences an exposure, Milestones will notify all employees and families about the exposure, again maintaining confidentiality, as well as the Waltham Board of Health if child is COVID-19 positive.

Self Isolation Following Exposure or Potential Exposure

If the student has come in contact with a family member or outside person who is positive for COVID-19 or could possibly be positive, then they must self isolate at home. Exposed persons must quarantine for at least 14 days after the last day of contact with the person who is sick. The school will consult the Waltham board of health for guidance on quarantine for other children and staff and what additional precautions will be needed to ensure the school space is safe for continued student services.

If an exposed student subsequently tests positive or their doctor says they have confirmed or probable COVID-19, they must stay home for a minimum of 10 days from the first day of symptoms appearing AND be fever-free for 72 hours without fever reducing medications AND experience significant improvements in symptoms. Release from isolation is under the jurisdiction of the local board of health where the individual resides.

If a child's household member tests positive for COVID-19, the child must self quarantine for 14 days after the last time they could have been exposed.

If an exposed child remains asymptomatic and/or tests negative for COVID-19, they must remain in quarantine and continue to monitor for the full 14 days.