

# District Health Updates

Happy Spring! I would like to take this time to provide some reminders and updates now that we are welcoming more students back to in-person learning.

## When to stay home

Please keep your student home if they are not well. You can refer to the COVID signs and symptoms list below. If you ever are questioning if your child should stay home or return to school, please contact the school nurse. They are happy to help guide you with that decision.

## Pooled Testing

Pooled testing is taking place weekly. It is not too late to sign your child up and it only takes a few minutes. If you are interested, please visit [www.beacontesting.com](http://www.beacontesting.com). The organizational codes are as follows:

SMK  
TINCLL

WMS  
USINQW

WJSHS  
EANFLF

More information about pooled testing is also available on the District website at [www.wareps.org](http://www.wareps.org), as well as a demonstration video.

## Student Health Portal

We have started using a student health portal this year. This portal takes place of the annual forms that ask for permission to treat, give medication, and health concerns. You can also keep your contacts up-to-date, upload health forms, and see any visits your child had to the nurse. You can send messages to the nurse and the nurse can also send them to you.

Emails went out inviting parents to sign up for the portal in the fall and some went out last week as reminders. If you visit [www.studentehr.com](http://www.studentehr.com) and enter your email you will be able to access your password from the forgot password option. Please contact me if there are any issues signing on.

This portal will only have to be updated if there are any changes to your child's health status or contact info.

We will no longer be using the paper version, so if you would like to have your child to be able to take medication (Tylenol, etc.), please log-in and complete the forms.

## Hydration

With the weather starting to get warmer, please remember to send your child with a water bottle.

If you have any questions or concerns, please do not hesitate to reach out to me.

Jen Knight

[jknight@ware.k12.ma.us](mailto:jknight@ware.k12.ma.us)

413-967-6236

# COVID-19 Symptom Checker

Ware Public Schools requires all students undergo a daily symptom checklist prior to arriving at school.

**If you test positive for COVID-19, or have been notified you are a close contact, please contact the school nurse.**

## Should I stay home?

1. Have you had a fever of 100.0F or higher in the past 24 hours?	Yes	No
2. Do you have any of the following symptoms? <ul style="list-style-type: none"><li>● Cough (not due to other known cause, such as chronic cough)</li><li>● Shortness of breath or difficulty breathing</li><li>● Chills or shaking chills</li><li>● Fatigue <i>when in combination with other symptoms</i></li><li>● Muscle or body aches</li><li>● Congestion or runny nose (not due to other known causes, such as allergies) <i>when in combination with other symptoms</i></li><li>● Sore throat</li><li>● Headache <i>when in combination with other symptoms</i></li><li>● New loss of taste or smell</li><li>● Nausea/vomiting/diarrhea</li></ul>	Yes	No
3. Have you knowingly had close contact with an individual diagnosed with COVID-19 in the past 14 days?	Yes	No
4. Have you been asked to self-isolate or quarantine by your doctor or local Board of Health?	Yes	No

If you answered YES to any of the above questions, you must stay home from school and contact your healthcare provider for further guidance. A negative COVID -19 test is required to return to school.

### **PARENTS:**

**IT IS IMPORTANT TO HAVE A PLAN IN PLACE IN THE EVENT YOUR CHILD IS ILL OR HURT AND NEEDS TO BE PICKED UP FROM SCHOOL (family, friend or neighbor)**

**PLEASE MAKE SURE ALL CONTACT INFORMATION (PHONE AND EMAIL) IS CURRENT. PLEASE UPDATE THE SCHOOL IF THERE IS EVER A CHANGE.**

## SCHOOL EXCLUSION GUIDELINES

The decision to exclude students who have infectious diseases should be made in conjunction with health care providers, parents, and school. Students should be allowed to return to school once the exclusion is met or a health care provider clears the student. Generally, if any of the following conditions apply, exclusion from school should be considered:

- ✓ If the student does not feel well enough to participate comfortably in usual activities
- ✓ If the student requires more care than school personnel can provide
- ✓ If the student has a high fever, behavior changes, persistent crying, difficulty breathing, lack of energy, uncontrolled coughing, or other signs suggesting a possibly severe illness

ILLNESS OR SYMPTOM	EXCLUSION GUIDELINES
<b>Chicken pox</b>	<b>Exclude</b> until <u>all</u> blisters have erupted & crusted over. Needs to be diagnosed by a physician. Please call the school nurse with any questions.
<b>Common cold</b>	<b>No exclusion necessary</b> unless symptoms are severe
<b>Conjunctivitis (Pink Eye)</b> pink color of eye <i>and</i> thick yellow/green discharge	<b>Exclude</b> (bacterial or viral), until approved for return by health care provider or until 24 hours after medical treatment started
<b>Cough (significant)</b> (uncontrolled coughing; wheezing; rapid or difficult breathing)	<b>Exclude</b> -medical attention is necessary <b>Note:</b> Students with asthma may be cared for with a written health plan and authorization for treatment
<b>Diarrhea</b> (frequent, loose, or watery stools compared to child's normal pattern; not caused by diet or medication)	<b>Exclude</b> until symptom free for 24 hours
<b>Fever</b> (100.0 or higher)	<b>Exclude</b> until fever free without the use of medication for 24 hours
<b>Fifth Disease</b>	<b>No exclusion necessary</b> , unless other symptoms such as significant fatigue, etc.
<b>Hand Foot and Mouth Disease</b>	<b>No exclusion necessary</b> , unless other symptoms such as fever or discomfort from sores
<b>Head Lice</b>	May return after treatment starts
<b>Impetigo</b>	<b>Exclude</b> until 24 hours after treatment starts
<b>Rash</b> <u>with</u> fever, behavior changes, joint pain, oozing rash, etc.	<b>Exclusion is recommended <u>if</u></b> the student has other symptoms in addition to rash
<b>Ringworm</b>	<b>Exclude</b> from end of school day until after first treatment
<b>Scabies</b>	May return after treatment
<b>Shingles</b>	<b>No exclusion necessary</b> as long as blisters are covered
<b>Stomachache/Abdominal pain</b>	<b>Exclude <u>if</u></b> pain is severe; <b><u>if</u></b> pain occurs after an injury; or <b><u>if</u></b> student has other symptoms in addition to the stomachache/abdominal pain
<b>Strep throat</b>	<b>Exclude</b> until 24 hours after medical treatment started
<b>Vomiting</b>	<b>Exclude</b> for 24 hours from last vomiting episode