

Some COVID-19 clarifications and updates:

Listed below are COVID-19 symptoms. If your child has ONE of more of the following unexpected symptoms please keep your child home and contact the school nurse for further instructions:

COVID-19 Symptoms:

- Fever 100.0 or greater
- New, uncontrolled cough
- Shortness of Breath or Difficulty Breathing
- Fatigue (feeling tired)
- Muscle or Body Aches (not related to exercise)
- Headache
- Loss of Smell or Taste
- Sore Throat
- Congestion/ Runny Nose (not related to seasonal allergies)
- Nausea/Vomiting
- Diarrhea

If your child becomes symptomatic with one or more of COVID-19 symptoms it is possible that they may need to quarantine at home until all these apply:

1. It has been at least 10 days since the first day of symptoms,
2. Fever free for 24 hours without fever reducing medication and
3. Their symptoms are improving.

******In some cases it is possible to return to campus early with specific information from your doctor. That includes an alternate diagnosis that explains their symptoms OR a negative **PCR** test. We cannot accept a negative rapid test to return to campus from quarantine.

If your child is exposed to an individual that tested positive for COVID-19 we will notify you of specific instructions. Individuals exposed will need to quarantine for a minimum of 14 days since the last day of exposure to the positive person. There is no way to break this quarantine with a negative COVID-19 test. This is because one can become positive/symptomatic at any point in those 14 days. If within those 14 days your student becomes symptomatic or you decide to get them tested please keep your school nurse informed!

If your child gets a COVID-19 test for **any** reason (symptomatic, exposure to a COVID positive individual, required for a procedure/surgery or just to feel safe) you **MUST** quarantine at home until the test results come back. Please keep your school nurse informed!

If you have any questions please contact us.

Your name and number

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