

COVID-19 HEALTH PRECAUTIONS

Background

Coronavirus (COVID-19) is a highly contagious illness caused by a virus (SARS-COV-2) that spreads from person to person primarily by respiratory droplets. People with COVID-19 have a wide range of symptoms, ranging from mild symptoms to severe illness. Some people with COVID-19 never have symptoms or are asymptomatic. Older adults and individuals with a serious medical condition at any age may be at risk for more serious illness. Please refer to the Centers for Disease Control and Prevention (CDC) for more information about [people at risk for severe illness](#).

Symptoms may appear 2-14 days after exposure to the virus. Symptoms include, but are not limited to: fever (100.4°F or higher), new onset of moderate to severe headache, shortness of breath, new cough, sore throat, vomiting, diarrhea, abdominal pain from a unknown cause, new congestion or runny nose, new loss of taste or smell, nausea, fatigue from an unknown cause, muscle or body aches.

Safety Expectations

These expectations apply to all students and staff in all LTHS buildings and on any LTHS property, including school bus/vehicles.

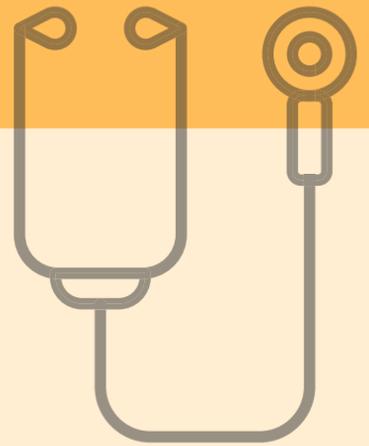
- Wash hands frequently with soap and water for at least 20 seconds or use alcohol based hand sanitizer with at least 60% alcohol.
- Maintain 6 foot physical distance from others and follow all directional arrows/floor markings.
- Wear a face covering at all times inside and outside when unable to maintain 6 foot physical distance.
- Comply with all school and public health directives.

Student Accommodations

If students require accommodations for the aforementioned safety expectations, a release must be provided for the school nurse to consult with the student's health care provider. The health care provider must verify whether the student is cleared to participate in in-person learning and provide further direction for how to accommodate that student. The parent and student will need to meet with the school nurse and applicable school team members to determine an appropriate plan.

Daily Screening

A parent/guardian or a student who is at least 18 years of age must complete a daily screening prior to boarding the school bus or entering the school building. The screening asks about potential COVID-19 exposure and symptoms. It will provide immediate feedback regarding whether or not a student is permitted to attend in-person instruction each day.



Quarantine

Any individual with a known or probable COVID-19 exposure, including travel to a location with sustained, widespread transmission will be required to quarantine at home for 14 days from the last known exposure. For domestic travel guidance refer to the [Cook County Department of Public Health](#). For international travel guidance, refer to the [CDC](#).

Isolation

Any individual with COVID-19 symptom(s) or a positive COVID-19 test will be required to isolate at home. The duration of isolation will vary, but typically is at least 10 days from symptom onset.

Return to School

Prior to return, an interview with the school nurse must be completed to ensure all public health directives are met. This may include submitting medical documentation required by the local health department.

Contact Tracing

In the event someone with confirmed or probable COVID-19 has been on campus, a school nurse will complete contact tracing to identify exposures. Individuals determined to have been exposed will be contacted by the school nurse and provided with directions regarding quarantine or isolation. In addition, the school nurse will track all school related cases to ensure a safe return to school. School nurses will work in coordination with the local health department as required by the public health code.

Symptoms at School

Any student or staff member who experiences COVID-19 symptoms during school hours must immediately report to the health office for evaluation prior to dismissal home.

Health Office Visits

- School nurses will be available for tele-health support during regular school hours.
- Students who receive routine, scheduled health services during the school day will enter the health office through an alternate entrance.
- Students/staff who require intermittent health services will be screened immediately upon entrance to the health office and triaged for care accordingly.

