

Return to School Recommendations After Illness

In an effort keep all students, staff, and faculty healthy we are encouraging students to return home if experiencing fever (>100.4), cough, loss of taste/smell, fatigue, body aches, appearing severely ill, headaches or known COVID-19 exposure.

The best medicine is rest and time. During this illness it is recommended you:

- Stay home except to seek medical care
- Wear a face mask or covering when social distancing can-not be maintained
- Cough or sneeze into your elbow/arm
- Wash your hands often
- Avoid crowded areas such as large gatherings, schools, and events.
- Clean all "high-traffic" areas daily

If you have further questions or concerns or your symptoms worsen, seek medical care

- Please contact your primary care provider for appointment request and further instruction.
 - o Call ahead of arriving to the providers office
 - o NMH respiratory clinic: 262-1570
 - o NMH Family Practice Clinic: 265-5408
 - o Bullhook Clinic: 395-4305
 - o Hill County Public Health: 265-5481
- If you have a medical emergency, call 911. If you have been identified as a positive COVID-19 patient, please make emergency medical services aware of this.
- If you are identified as a direct contact the health department will be in touch with you and provide further instruction

To protect other students as well as the entire community it is recommended you stay home **until AT LEAST 24 hours** after symptoms have improved entirely or fever has resolved without antipyretics.

- If tested positive for COVID-19, this could be up to 14 days. (>1004)
- You will have further information provided by the health department, please follow these recommendations.
- You may need to provide a note from a medical provider stating you are asymptomatic and ready to return to activity.

Additionally, you will be asked to leave school if you have significant cough disturbing to others, fatigue that restricts your normal activity level, fever, loss of taste or smell, body aches, or headache. Please take these recommendations seriously as it is the responsibility of every parent and student to slow the spread of COVID-19. Our goal is to return to normal activity as soon as possible. The only way to do this will be to work together to reduce the exposure to all community members.

The following is more educational information that may be helpful to you or your family:

CDC- Centers for Disease Control and Prevention: https://www.cdc.gov/coronavirus/2019-ncov/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Findex.html

When to keep your child home: <https://www.healthychildren.org/English/family-life/work-play/Pages/When-to-Keep-Your-Child-Home-from-Child-Care.aspx>

Keeping Children healthy: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>

Prevent Getting Sick: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>