



Date September 10, 2020

Dear Parents and Caregivers:

Please remember it is important for all students to have a COVID-19 symptom assessment at home prior to leaving for school each day. Health checks should include taking temperatures and assessing symptoms. Symptoms of COVID-19 may range from mild to severe and can appear two to 14 days after exposure to the virus.

Symptoms to Check for Daily Prior to Leaving Home for School:

- Fever of 100°F or higher*
- Cough*
- Shortness of breath
- Difficulty breathing*
- Loss of taste or smell*
- Fatigue
- Muscle or body aches
- Headaches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If your child is experiencing **one of the top five symptoms* (fever, cough, difficulty breathing, shortness of breath, loss of taste or smell)** consult your healthcare provider. If your provider suspects your child has COVID-19, you must isolate your child for 10 days. He or she cannot return to school until symptom-free for 24 hours. If your child is evaluated by a healthcare provider and is not considered a probable or confirmed case, he or she can return to school after they are symptom-free and fever-free for 24 hours without fever-reducing medication. **You must also have a note from your health care provided before returning to school if your child has one or more of the top five symptoms*.**

If your child has **two or more of the lesser symptoms (muscle or body aches, headaches, sore throat, congestion or runny nose, nausea or vomiting or diarrhea)** you must keep your child at home until they are symptom-free and fever-free for 24 hours without fever-reducing medication.

If you have any questions, please call your child's school and ask to speak with the school nurse. You can also email your questions to our district nurse Shelley Keller, RN at shelley.keller@betheltate.org. We also have the latest COVID-19 district information in the REOPEN PLAN section of our District's website <https://www.betheltate.org/Content2/156>

Please stay safe and be well

Melissa Kircher,
Superintendent

