

# COVID-19 PANDEMIC ILLNESS GUIDELINES

## Bellevue Community Schools

Bellevue Schools references the Iowa Department of Public Health, Jackson County Public Health, and local family healthcare providers to provide guidelines which define when a student is well enough to attend school during the COVID-19 pandemic. The guidance will be modified to meet appropriate public health and safety needs as necessary.



The guidelines are for the general population. Consult your primary healthcare provider to provide guidance regarding your child's specific health needs.

The general message to families, students, and staff is to stay home if you are not feeling well during the COVID-19 Pandemic.

- BCSD recommends all students and staff take their temperature at home daily and perform a self-screening of symptoms before coming to the school buildings.
- Plan ahead to arrange how your child will be cared for if they stay home, or need to go home, from school due to illness.
- Notify the school if your child is ill and will not be at school and report the symptoms.
- Notify the school if your child is positive for COVID-19 or has been in close contact with someone with COVID-19.
- Always notify the school office if your child's emergency contact information changes.

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### Symptoms Requiring Students to stay home:

- Covid-19 symptoms with no other confirmed diagnosis, cause, or explanation for the symptom(s) warrants reason to not attend school.

#### Any **one** of the “High Risk” COVID-19 Symptoms

- New Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell

#### Any **two** or more “Low Risk” COVID-19 symptom or symptoms are not within the person’s “norm”

- Fever of  $\geq 100.4$  or chills- *do not come to school if you have a temp  $\geq 100.4$  regardless if you don't have other symptoms*
- Headache, Muscle/body aches (myalgia), Fatigue, Sore throat, Runny nose, Congestion, Sinus pain, Nausea, Vomiting, Diarrhea

Refer to [“When to Stay Home Related to COVID-19”](#)

- If your child has had a “close contact” with someone positive of COVID-19. Public Health defines “close contact” as being less than 6 feet from a person positive of COVID-19 for longer than 15 consecutive minutes. Note: Individuals who have been previously diagnosed positive for COVID-19 within the past 12 weeks, and were exposed to a COVID-19 case, do not need to be quarantined.
- The first 24 hours of various antibiotic treatments (i.e. strep throat, pink eye, etc.)
- Rash or skin condition that is of unknown cause, undiagnosed, new, and/or needing treatment for a contagious cause.
- Active vomiting or diarrhea due to a suspected contagious illness.
- Doctor's note requiring an individualized plan of care to stay home.
- Other communicable illnesses which pose a risk of disease transmission to others.
- If you have given your child ibuprofen, acetaminophen, or other fever reducing medication within 12 hours of school starting, closely evaluate the reason the medicine was given; if it was given for possible symptoms of COVID-19, the student should stay home.

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### Entrance Back to School

#### COVID-19 Related Absence:

Guidelines for returning to school for either testing positive for COVID-19 or being exposed to someone with COVID-19 is very specific. Refer to the [Return to School Buildings or Activities After COVID-19](#) flowchart. You will need to consult with Public Health and your school nurse in these situations to determine when your child is able to return to school.

[When to stay home related to COVID-19](#)

#### Other Related Illnesses - When the cause of illness is diagnosed and *confirmed* as NOT related to COVID-19:

- Vomiting or diarrhea related to a contagious illness: 24 hours since last episode.
- Fever: 24 hours fever-free without the use of fever-reducing medication (i.e. strep throat)
- After 24 hours on antibiotics for variety of identified bacterial causes (i.e. strep throat)
- Positive test for Influenza: At least 5 days since symptoms started and fever and symptom free for 24 hours without the use of fever reducing medications.

It can be difficult to determine if symptoms are related to COVID-19 or other illness. Collaboration and discussion with the school and your health care provider may be warranted if it is unclear of the cause of illness.