

# KENSAL PUBLIC SCHOOL

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## HEALTH & SAFETY SMART RESTART PLAN

Kensal School Board Approved  
August 6, 2020

August 6, 2020

Dear Parents/Families, Staff & Community members:

We here at Kensal Public School are excited about the reopening of our school for the 2020-2021 year. Thank you to everyone who helped us meet the challenges of the last school year. We have been presented the task of reopening school with a plan that addresses the impact and response to COVID-19.

We are planning to return to an in-person model of school delivery this fall and intend to start on time, August 19, 2020. Many people have been involved in the development of a plan to meet the needs of our students while considering the health and safety concerns of staff and students. Keep in mind that things may change as new information and guidance comes from the North Dakota Department of Health, North Dakota Department of Public Instruction, the Center for Disease Control, Central Valley Health District, local health providers and the North Dakota Governor's office.

The reopening plan provides a framework for instruction throughout the various color-coded health conditions. Kensal Public School realizes that we must consider all practical steps to keep our school safe and slow the spread of the virus in our community. This plan may not address every question you have. We remain open to what is reasonable and will consider all options for the effective delivery of education to our students.

Thank you for reviewing this plan. We encourage and invite your questions and concerns throughout the school year. Together we can provide a safe, quality education for all our students while we move forward to solve problems.

Sincerely,

Gilbert Black

Superintendent

Matt Lokemoen

Principal

# Assumptions & Assurances

## Kensal School believes:

- Every student should have the opportunity to engage in learning, regardless of the spread of COVID-19 in our community.
- Schools have a vital role in providing safe environments for students, focusing on both social-emotional and physical health.
- By working together with educators, staff, health care professionals, parents, students, and community members we can solve most challenges.
- Our district will make decisions based on the most current guidance from local, state, and national health care officials.
- Our School Board will ensure our plan meets the needs of our students, educators, staff and community.

## Our Planning Team

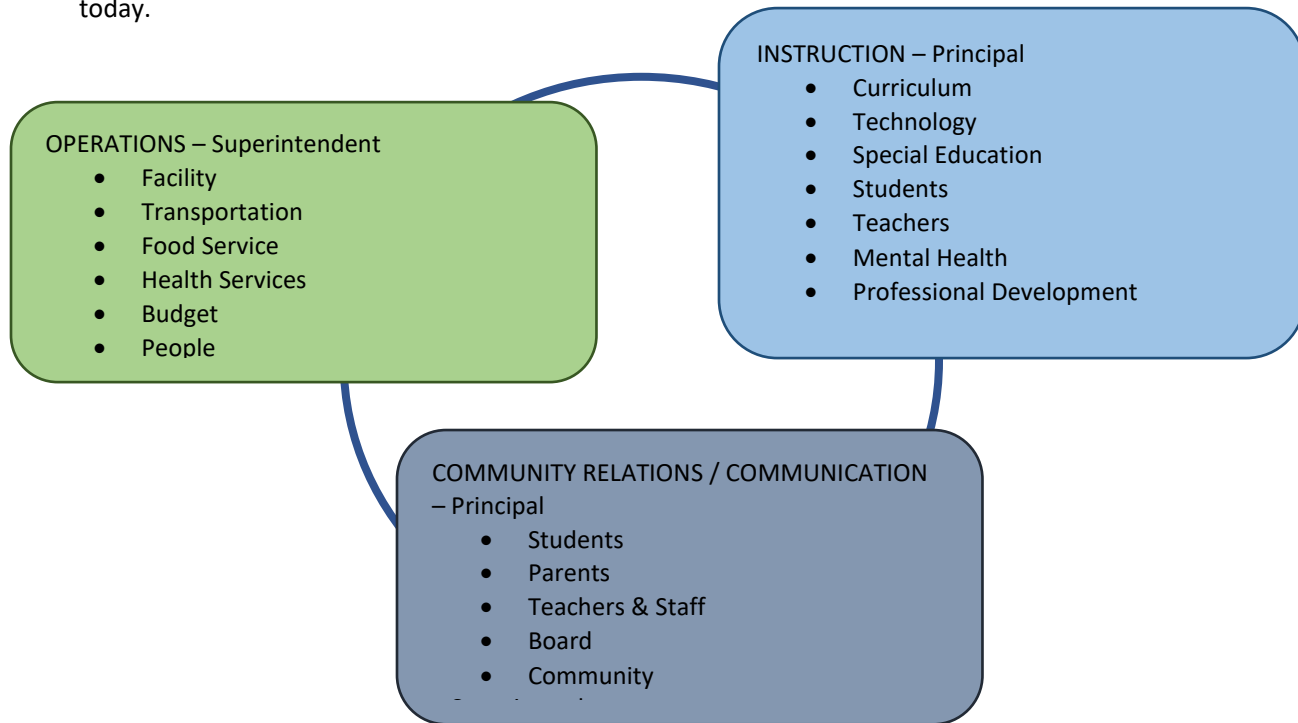
Kensal School's Return to Learning Plan was crafted and reviewed by a team consisting of the following:

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|---|--|
| • Gilbert Black, Superintendent           | • Cassie Spitzer, Teacher/Parent             |
| • Matt Lokemoen, Principal                | • Stephanie Ramsey, Teacher/Tech Coordinator |
| • Dana Ekren, Business Manager            | • Emma Rage, Teacher                         |
| • Jessica Johnson, Board President/Parent | • Laurie McKenzie, Teacher/Parent            |
| • Ryan Spitzer, Board VP/Parent           | • MacKenzie Kleese, Teacher                  |
| • Amanda Lee, Board Member/Parent         | • JoDeane Lokemoen, Teacher                  |
| • Darren Ekren, Board Member/Parent       | • Paul Wolf, Custodian                       |
| • Clint Schaeffer, Board Member/Parent    | • Margaret Harding, Cook                     |
|   | • Jeanne Hoyt, Counselor                     |
|   | • Central Valley Public Health               |

Input was gathered by various means to allow for a wide range of input, while maintaining social distancing.

# COVID-19 Response Team & Coordinators

This organizational structure was crafted to assist in the development and monitoring of the district return to learning plan. This structure identifies leaders and guiding team members that will serve as a voice in how the district responds to COVID-19 during the school year. This plan is designed to address the issues of reopening as well as provide a nimble and responsive process to address issues that may not be recognized today.



The three components have been identified as key operational teams that consist of multiple departments. Each operational team will work implement the return to learn plan and address challenges as they arise.

## COVID-19 Building Level Coordinators

Each school building will have an identified COVID-19 Coordinator who will be responsible for the health and safety preparedness and response planning. Coordinators will make themselves available to the NDDoH 24 hours a day / 7 days a week to respond to phone calls from public health. This position will assist public health in identifying and notifying close contacts in the school setting. The coordinator will be report cases of COVID-19, found in the school setting, to health officials and the State Superintendent's office.



Matt Lokemoen, Principal, is the **COVID-19 District Coordinator**. Phone: 701-435-2484 (school) 701-368-1478 (cell). If unavailable, the secondary contact will be Dana Ekren, School Business Manager. Phone: 701-435-2484 (school) 701-435-2559 (home) 701-320-8287 (cell).

## Phases

The following phases will be used to define the community risk level associated with COVID-19. These phases align with the color-coded guidance in the ND Smart Restart Plan. Each level is reported to schools by the NDDoH after rigorous testing and assessment of cases in the community. [ND Smart Restart Plan](#)



## Instructional Models

The instructional models used by the district will be guided, in part, by the risk level of COVID-19 in the community as defined within the phases above. This is a guide as instructional models could be altered based on other factors, such as occupancy levels, age of children, and abilities to move certain classes online. These models are available for all students anytime during the school year.



### **Traditional Learning**

All instruction is delivered in-person with some building and group modifications. Teachers and students maintain a normal daily schedule. Safety precautions are implemented to enhance staff and student safety.



### **Blended Learning**

Students report to school on a modified schedule. Multiple hybrid models of instructional delivery may be appropriate to meet the educational needs through a variety of delivery models.



### **Distance Learning (Microsoft TEAMS)**

All instruction is provided off-campus through the use of distance learning resources or suited to the unique needs of the student.

# Health and Safety Guidance

The district strives to provide a healthy and safe environment for all who occupy our schools. The following guidelines are intended to provide a framework for the district's response to COVID-19.

## Resources

ND Department of Public Instruction - <https://www.nd.gov/dpi/parentscommunity/nddpi-updates-and-guidance-covid-19>

ND Department of Health - <https://www.health.nd.gov/diseases-conditions/coronavirus>

Center for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

## Best Intentions

Despite taking every reasonable precaution, there is no guarantee that our school will be without risk as it relates to COVID-19. The virus will be present on our buses, in our classrooms, and at our activities. In certain situations, social distancing is not possible in a school setting. Our actions, as outlined in this plan, will not prevent any student or staff member from being in contact with the virus.

## Protect Yourself and Others



### *Wash your hands often*

- Wash with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing.
- Wash hands before eating, after using the restroom, after recess/PE/music or areas where students will have shared materials.
- If soap and water are not available, use hand sanitizer (with at least 60% alcohol).
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Students are encouraged to wash their hands often throughout the day.
- Handwashing and the use of hand sanitizer (with at least 60% alcohol) will be monitored by teachers as much as possible.

### *Avoid close contact*



- Keep socially distant from others. This is especially important for people who are at a higher risk of getting sick.
- Alternate or modify schedules, adjustments to use of common areas, use of outdoor spaces and other actions that increase physical separation may be considered.
- The sharing of instructional materials should be limited as much as possible.
- Physical separation on busing, one student per seat, will be recommended but cannot be guaranteed.
- Volunteers and non-essential visitors will be limited until further notice.
- **Please Note: First day of school - Students will be dropped off outside.**
- **Staff will be available at the door to assist students to rooms as needed.**
- Parent/Teacher Conferences may be held virtually.

### Cover coughs and sneezes



- Always cover your mouth and nose with a tissue when you cough, sneeze, or use the inside of your elbow.
- Throw tissues away and wash hands or use hand sanitizer to prevent spread.

### Clean and disinfect



- School staff should clean and disinfect frequently touched surfaces daily.
- Shared materials (not recommended) should be cleaned.
- Classrooms will be cleaned nightly by custodial staff.

### Cover your mouth and nose with a cloth face cover when around others.



- The wearing of masks will be applied in phases based on the phases within the [ND Smart Restart Guidance](#).
- Educators need to teach students how to properly wear a face covering so they are prepared to use them on school buses or other situations in close proximity with others.
  - Resources from NDDPI and MPS will be provided to teachers.
- In specific instances the wearing of a face covering (mask) may be required. These are explained in the table below.



## KPS COVID-19 PPE Guidance

\*KPS will provide face coverings to students who are unable to provide their own.

STAFF/STUDENTS	PPE
All staff (other than what is outlined)	<b>Encouraged</b> to wear cloth face coverings
All students	<b>Encouraged</b> to wear cloth face coverings. <b>Required</b> to wear face coverings if using school transportation (bus)
Staff caring for / instructing a student in a small space – small group – for more than 15 minutes. (i.e. Nurse, SPED, EL, educator)	Building administrators in consultation with district nurse and educator will determine if face coverings or face shield are <b>required</b> . This may be influenced by instructional and learning needs of the student and health considerations of all occupants in the room.
Non-employees (maintenance, vendors, etc.)	<b>Required</b> to wear face coverings
All staff	<b>Required</b> to wear face covering in areas that can't accommodate social distancing <b>Strongly recommended and encouraged</b> to wear face masks in classrooms
All students	<b>Required</b> to wear face covering in areas that can't accommodate social distancing <b>Strongly recommended and encouraged</b> to wear face masks in classrooms

### *Monitor your health daily*



- Be alert for symptoms. Watch for a fever, cough, or shortness of breath.
- Parents are asked to screen their child/children each day before sending them to school. Use the screening guidance provided (see appendix).
- Staff and students who are sick should stay home.
- Temperatures of symptomatic students or staff may be taken at the school office.
  - Symptomatic students will be isolated, and their guardians contacted.

## Health & Safety Protocols

### Student & Staff Health

Monitoring the health of students and staff will be an important component of a safe and healthy educational environment. Kensal Public School will take the following measures to ensure all students and staff are healthy while they are at school.

### *Identifying Students & Staff at Higher Risk*

- Back to School and enrollment processes will include questions asking families to identify if their child is at-risk, based on a health professionals' diagnosis. This information will be provided to the COVID-19 Coordinator who will contact the family and discuss instructional model options.
- The administration will inquire of all employees if they are at-risk, based on a health professionals' diagnosis. The administration will work in partnership with the employee to coordinate adjustments to the work schedule or workplace.

### *Isolation & Quarantine*

- Definitions (see appendix for more information).
  - Isolation – For people who are already sick from the virus. A prevention strategy used to separate people who are sick with the virus from healthy people.
  - Quarantine – For people who are not sick but have been exposed to the virus. A prevention strategy used to monitor people who were exposed for a period of time.
- Kensal Public School will follow isolation and quarantine guidelines and directives as set by NDDOH and the Central Valley Health District.

### *If a student or staff member becomes sick at school (or school event)*

- Student
  - Direct/escort the child to the office.
  - The child shall be provided a facial covering and isolated in the building sick room.
  - Parent/guardian will be contacted to pick up their child. Parents/guardians must make every effort to pick up their child as soon as possible.
- Staff
  - Inform your supervisor immediately and wear a face mask/shield until you can be replaced if supervising students at that time.
  - Leave the school building/grounds and consult with a health care professional.



## DAILY SCREENING: BEFORE YOU SEND YOUR CHILD TO SCHOOL

To accomplish our goal of reopening our schools and keeping them open, it will be important for students, staff, parents, and patrons to do their part by following health guidance and monitoring their health. In cooperation with state and local public health officials, we ask as students and staff prepare for school each day, they ask themselves these questions: “Do I have a.....”

- Fever or Chills (a fever is considered having a temperature of **100.4 F**)
- Cough
- Shortness of breath or difficulty breathing
- Congestion or runny nose **when in combination with other symptoms and not due to other known causes such as allergies.**
- Fatigue **when in combination with other symptoms.**
- Nausea, vomiting or diarrhea
- Muscle or body aches
- Sore throat
- New loss of taste or smell
- Abdominal pain
- Headache **when in combination with other symptoms.**

If your answer is **YES** to any of these symptoms, we ask that:

1. DO NOT come to work/send your child to school.
2. Contact the school and you will be directed to the COVID-19 Coordinator.
3. Contact your healthcare provider for guidance to determine if testing for COVID-19 is recommended.

## IF YOUR CHILD WAS DIRECTED BY A HEALTHCARE PROVIDER TO STAY HOME:

1. DO NOT send your child to school UNTIL:
  - a. Your medical provider has determined a different illness than COVID-19 and cleared your child to return to school.
2. Contact the school and you will be directed to the COVID-19 Coordinator.
3. Provide medical documentation.

## IF YOUR CHILD HAS HAD CLOSE CONTACT (within 6 feet for more than 15 minutes) WITH SOMEONE TESTING POSITIVE FOR COVID-19:

1. Contact the school and you will be directed to the COVID-19 Coordinator.
2. Contact your healthcare provider.

## IF YOUR CHILD HAS BEEN TESTED DUE TO SYMPTOMS AND/OR EXPOSURE:

1. DO NOT send your child to school UNTIL:
  - a. Remain at home at least 10 days and until at least 3 days have passed with no fever and improvement in other symptoms
  - b. Monitor symptoms
  - c. The test is negative.
2. Contact the school and you will be directed to the COVID-19 Coordinator.
3. Answer the call from local or state board of health to help identify close contacts to help them prevent transmission

#### IF YOUR CHILD HAS TESTED POSITIVE FOR COVID-19:

1. DO NOT send your child to school.
2. Contact the school and you will be directed to the COVID-19 Coordinator.
3. Notify the school of the positive test.
4. Follow guidance from your healthcare provider regarding isolation and contact tracing.
5. Provide documentation.

#### KENSAL PUBLIC SCHOOL RESPONSE TO A POSITIVE TEST OF STUDENT AND/OR STAFF:

1. School personnel will contact Central Valley Health District and will follow protocol.
2. District will coordinate efforts to communicate to staff, students, and parents the possible exposure to COVID-19 while maintaining confidentiality as required by the Family Educational Rights and Privacy Act (FERPA) Health Insurance Portability and Accountability Act (HIPAA) and the Americans with Disability Act (ADA)

#### OTHER RESOURCES:

- CDC Considerations for Schools <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>
- CDC Cleaning and Disinfecting <https://www.cdc.gov/coronavirus/2019-ncov/community/clean-disinfect/index.html>
- CDC Print Resources <https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc>
- CDC Face Coverings <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- CDC Handwashing Information <https://www.cdc.gov/handwashing/index.html>
- CDC Social Distancing <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
- CDC Isolation and Quarantine Guidelines [https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine-isolation.html)
- CDC End of Isolation <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

# Guidance for Grade Level & School Building Level Closure

This is intended as guidance for COVID-19 Coordinators and school leaders on when to close classrooms, grades, and buildings.

- Close contact as defined as being within 6 feet of another individual for 15 minutes or greater.
- If a school is closed for any length of time, the district will determine which mode of instruction will resume.
- The COVID-19 Coordinator will be in contact with the Central Valley Health District to discuss the present phase of the community and seek advisement on district transitions between instructional models.
- The NDDoH may close a school or district at their discretion.
- Kensal Public School has created guidelines that correspond with each color-coded risk phase. To accommodate specific needs within the school district, the district may opt to, implement health and safety measures in a higher tier. This may include school closures. This will be done in consultation with the Central Valley Health District and the COVID-19 Coordinator. Any change to a different phase would be immediately communicated to allow for appropriate implementation for families and at the district level.

## Operational Guidance

Blue / Green	
Priorities:	<ul style="list-style-type: none"><li>• Ensure students and staff who are sick or showing symptoms stay at home.</li><li>• Ensure open communication between school, parents, and Central Valley Health District.</li></ul>
School-wide Practices:	<ul style="list-style-type: none"><li>• All water fountains will be turned off. Teachers will fill student water bottles each day if needed.</li><li>• Plexiglass will be placed in areas to limit exposure.</li><li>• The building will be routinely cleaned and disinfected according to CDC guidelines.</li><li>• Signage will be placed throughout the school to educate students, staff, and community about safe protocols in regard to COVID-19.</li><li>• Students will receive education in proper hygiene, hand washing, how to wear a facemask, COVID-19 symptoms, what to do when experiencing symptoms, and to stay home when sick. (see p. 13)</li><li>• School re-opening guidelines and training will be provided to all substitute employees of the district.</li><li>• Students, staff, and others will be required to use hand washing/hand sanitizer when entering the building.</li><li>• Accommodations will be made for staff and students who are in a high-risk group or caring for individuals in a high-risk group.</li></ul>
Classrooms:	<ul style="list-style-type: none"><li>• Desks will be spaced as far apart as the room allows.</li><li>• Teaching staff will receive professional development in effective ways to use technology for teaching in a blended learning environment.</li></ul>

	<ul style="list-style-type: none"> <li>• Students will become familiar with online resources and platforms to ease transitions to distance learning in the event of quarantines or a RED protocol being implemented.</li> <li>• Music will require masks. Band will be held as individual lessons.</li> <li>• Gym classes and recesses will be held outside when feasible</li> <li>• Toys and manipulatives will be limited in classrooms. Those in use will be sanitized daily.</li> <li>• Attendance will be addressed case by case for required days of schooling.</li> </ul>
Common Areas:	<ul style="list-style-type: none"> <li>• Students when moving around the building will move in cohort groups and reasonably try to limit exposure to other groups.</li> <li>• Lunch/breakfast schedules will allow for distancing in the lunchroom during meals.</li> <li>• All components of the breakfast and lunch program will be served by qualified personnel to individuals. Self-serve options will be eliminated.</li> <li>• Students will have assigned seating in the cafeteria, teachers will pass out trays and students will be dismissed one at a time to empty trays.</li> <li>• Lunch and breakfast count will be taken by school personnel and they will enter students' numbers.</li> </ul>
Extracurricular & Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.</li> <li>• Proper distancing will be applied on all bus trips as feasible.</li> <li>• School Assemblies and other large gathering activities will be evaluated as they occur, and we will determine if they are practical given the current state of the pandemic.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Share information about how to stop the spread of COVID-19.</li> </ul>

## Yellow

Priorities:	<ul style="list-style-type: none"> <li>• Ensure students and staff who are symptomatic stay at home.</li> <li>• Decrease group interactions and hallway transitions.</li> <li>• Support blended learning as needed.</li> </ul>
School-wide Practices:	<ul style="list-style-type: none"> <li>• Based on identified COVID cases of students and staff targeted closures may be implemented (class, grade, etc.).</li> <li>• Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas.</li> <li>• Handwashing integrated throughout the day.</li> <li>• Hand sanitizer available throughout each building.</li> <li>• Class movement throughout the building, may be limited per the recommendation of state and local health officials.</li> <li>• Alternate areas will be set up for students participating in the classroom on a device.</li> </ul>
Classrooms:	<ul style="list-style-type: none"> <li>• Teachers in grades 3 and up will switch classrooms instead of students.</li> <li>• Students will have limited interaction with students from other grade levels.</li> <li>• Music classes will be restricted to outdoors or gymnasium.</li> <li>• PE and Recess will be no contact activities only.</li> </ul>
Common Areas:	<ul style="list-style-type: none"> <li>• Transportation may be limited. Parents may need to consider other transportation.</li> <li>• Other considerations may be made for breakfast/lunch, such as, eating in the classrooms with food delivered by the cook</li> </ul>
Extracurricular & Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Share information about how to stop the spread of COVID-19.</li> <li>• Share technology support resources for parents.</li> </ul>

## Orange / Red

Priorities:	<ul style="list-style-type: none"> <li>• Reduce the risk of community spread by closing schools.</li> </ul>
School-wide Practices:	<ul style="list-style-type: none"> <li>• Closed to the general public except by special arrangement with the district office.</li> <li>• Small group meetings or instruction may be allowed, particularly for special needs students or academic interventions.</li> <li>• Online instruction will be used district wide in all courses at all grade levels.</li> <li>• Instruction will focus on essential learning targets.</li> <li>• Attendance and academic progress will be expected.</li> <li>• Grading policies will not be suspended.</li> <li>• Implement internet access to support distance learning for those that may not have it in their homes.</li> <li>• Remote breakfast and lunch program will be communicated to families.</li> </ul>
Classrooms:	<ul style="list-style-type: none"> <li>• Students will engage in learning at the home.</li> <li>• Students will transition to rigorous remote instruction on key learning essentials in each grade and content area.</li> <li>• Students will be provided a device at home. PreK-2 will be issued a tablet and grades 3+ will be issued a laptop.</li> <li>• Teachers will provide clear expectations and communication with students and families. Grades PreK-2 will utilize SeeSaw and Zoom platforms and grades 3+ will utilize Microsoft Teams. (Same platforms used last spring)</li> <li>• Traditional grades and accountability will be followed.</li> <li>• Daily attendance will be required with exceptions addressed case by case.</li> <li>• Teachers are expected to make direct student/family contact at least one time per week.</li> </ul>
Extracurricular & Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.</li> <li>• Athletic and other extra/co-curricular activities will likely be suspended.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Clear communication about academic expectations and grading shared with students and families.</li> <li>• Share technology support resources for parents.</li> </ul>



# BEFORE SCHOOL!



Parents are asked to review this daily health checklist by answering these questions before sending their child to school.

(Parents do not need to send the questionnaire to school)

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## Does your child have any of the symptoms below?

- ✓ Fever or Chills (a fever is considered having a temperature of 100.4 F)
- ✓ Cough
- ✓ Shortness of breath or difficulty breathing
- ✓ Congestion or runny nose *when in combination with other symptoms and not due to other known causes such as allergies.*
- ✓ Fatigue *when in combination with other symptoms.*
- ✓ Nausea, vomiting or diarrhea
- ✓ Muscle or body aches
- ✓ Sore throat
- ✓ New loss of taste or smell
- ✓ Abdominal pain
- ✓ Headache *when in combination with other symptoms.*



If **YES** to any of the questions **STOP!**

Do not send your child to school. Contact your healthcare provider. Contact your child's school at 701-435-2484 to inform them of your child's absence.



If you are able to answer **NO** to all questions, go to school.



## COVID-19: What's the Difference Between Physical Distancing, Quarantine and Isolation?

	PHYSICAL DISTANCING	QUARANTINE	ISOLATION
<b>Who is it for?</b>	People who haven't been exposed to the virus or are not aware of exposure to the virus.	People who don't currently have symptoms of the virus but were exposed to the virus.	People who are already sick from the virus.
<b>What is it?</b>	A precautionary measure used to help prevent the spread of the virus.	A prevention strategy used to monitor people who were exposed to the virus for a period of time to see if they become ill.	A prevention strategy used to separate people who are sick with the virus from healthy people.
<b>Where does it take place?</b>	Takes place outside the home in public places like grocery stores and work environments.	Takes place in a home setting.	Can take place in a home when medical attention is not required. Takes place in a hospital when medical care is required.
<b>When do I use it?</b>	At all times until further directed by the ND Department of Health.	If you have recently traveled internationally or have known exposure to the virus.	If you have tested positive or have symptoms and have not yet obtained a test.
<b>How long is it for?</b>	At all times until further directed by the ND Department of Health.	14 days after your last exposure. Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.	A minimum of 10 days from the beginning of symptoms and 24 hours after your fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved.
<b>What does this mean for my daily life?</b>	<ul style="list-style-type: none"> <li>• Avoid large gatherings.</li> <li>• Stay 6-feet away from people.</li> <li>• If you are unable to stay 6-feet away from other people, wear a cloth face covering.</li> <li>• Call or video-chat with friends or loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk.</li> <li>• If possible, work from home.</li> <li>• Practice good hygiene and avoid shaking hands or touching your face.</li> <li>• If you become ill and need medical attention, call your health care provider.</li> </ul>	<ul style="list-style-type: none"> <li>• Stay at home and avoid close contact with others.</li> <li>• Do not attend school, work or any other setting where you cannot maintain a 6-foot distance from other people.</li> <li>• Call or video-chat loved ones.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• Monitor your symptoms. If you become ill and need medical attention, call your health care provider.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a "sick" room by yourself and, if possible, do not share a bathroom.</li> <li>• If you have a pet and live with others, do not touch your pet.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. Try to stock up for the duration of the isolation.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• If a caregiver cleans your room or bathroom, they should wear a mask and wait as long as possible after you've used the bathroom.</li> <li>• Contact your health care provider immediately if you experience severe symptoms.</li> </ul>

Last updated 07/21/2020



# COVID-19 EXCLUSION GUIDANCE

## Decision Tree for Symptomatic Individuals in Schools

Send home or deny entry if **ANY** of the following symptoms are present:

Fever (100.4°F or higher) **OR** two or more of the following symptoms: fatigue, headache, muscle/body aches, chills, cough, shortness of breath, sore throat, congestion/runny nose, nausea, vomiting, diarrhea, abdominal pain **OR** loss of taste and/or smell. This is in addition to general infectious disease exclusion guidance. People who are ill should contact their health care provider for additional guidance.

Has the person been clinically evaluated?	Has the person been clinically evaluated?	Has the person been clinically evaluated?	For a person NOT clinically evaluated who is monitoring symptoms at home	For a person NOT clinically evaluated who is monitoring symptoms at home
<b>Tested Positive for COVID-19 <sup>a,c</sup></b>  Stay home at least 10 calendar days from onset of symptoms <b>and</b> for 24 hours with no fever <b>and</b> improvement of symptoms – <b>whichever is longer</b> .	<b>Clinically diagnosed (not tested) for COVID-19 <sup>a,c</sup></b>  Stay home at least 10 calendar days from onset of symptoms <b>and</b> for 24 hours with no fever <b>and</b> improvement of symptoms – <b>whichever is longer</b> .	<b>Alternate clinical diagnosis or laboratory confirmed condition (e.g., norovirus, hand/foot/mouth) <sup>d</sup></b>  Follow provider directions/ recommended treatment & return guidance  Follow the <u>Child Care and School Infectious Disease Guidance</u> .	<b>Fever (100.4°F or higher) OR two or more of the following symptoms: fatigue, headache, muscle/body aches, chills, cough, shortness of breath, sore throat, congestion/runny nose, nausea, vomiting, diarrhea, abdominal pain OR loss of taste/smell. <sup>c</sup></b>  Stay home at least 10 calendar days from onset <b>and</b> for 24 hours with no fever <b>and</b> improvement of symptoms – <b>whichever is longer</b> .	<b>Other symptoms not consistent with COVID-19 <sup>d</sup></b>  Follow the <u>Child Care and School Infectious Disease Guidance</u> .

\* Siblings & household members also stay home for 14 days from last exposure to a COVID-19 case while contagious  
<sup>c</sup> (Red Box) = COVID-19  
<sup>d</sup> (Yellow box) = Other symptoms

Adapted from the Minnesota Department of Health  
07/20/2020

[www.health.nd.gov/diseases-conditions/coronavirus](http://www.health.nd.gov/diseases-conditions/coronavirus)