

## Forest Hills School District

### Guidance Regarding COVID-19 Symptoms/Exposure

Please review the symptoms on the tables below to determine whether your child should attend school each morning. In addition, these symptoms will be assessed if your child reports to the school nurse. If the student has ONE symptom in column A or TWO symptoms in column B they must **stay home or will be sent home** until it is determined they may return to school. These guidelines have been determined by the PA Department of Health and Centers for Disease Control (CDC). Please contact your health care provider regarding specific questions about your child’s symptoms. **Students with fever, vomiting or diarrhea should not be sent to school regardless of other accompanying symptoms.**

COLUMN A- ONE Symptom	COLUMN B- TWO Symptoms
Cough (New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough a change in their cough from baseline per CDC guidance 7/28/20)	<b>Fever</b> (measured or subjective). If temperature above 100.4 or taking fever reducing medication such as Ibuprofen (Advil or Motrin) or Acetaminophen (Tylenol) stay home
Shortness of breath	Chills
Difficulty breathing	Shivering
New loss of smell	Muscle aches
New loss of taste	Sore throat
	Headache (new onset, especially with fever per CDC guidelines 7/28/20)
	Nausea or <b>vomiting</b>
	<b>Diarrhea</b>
	Fatigue
	Congestion or runny nose

In addition, if a student has tested positive for COVID-19 or had close contact/potential exposure to someone who has tested positive they must stay home and isolate/ quarantine as directed until it is determined they can return to school.

**Close contact is considered less than 6 feet of separation for greater than 15 minutes.** Contact your health care provider or the PA Department of Health at 1-877-724-3258 regarding isolation/quarantine recommendations.

Communication with your child’s school nurse is important if your child has COVID-19 or symptoms suggestive of COVID-19. If your child has been sent home from school with a suggested referral to their health care provider they **may not return without a clearance from a physician, nurse practitioner, or physician assistant.** The school nurses may be reached at:

Michele Varner RN	814-487-7613 ext. 3609	Fax: 814-487-4404
Claudine Yuhas RN	814-487-7613 ext. 3709	Fax: 814-487-4380
Lorri Harshberger RN	814-487-7613 ext. 3809	Fax: 814-487-4380