

Ambridge Area School District
COVID-19 Information
Nursing Department

Your child is being released from school for illness. Due to current concerns for the coronavirus pandemic, anyone displaying symptoms such as fever, headache, cough, tiredness or other flu-like-symptoms must be **excluded from school until cleared by a doctor for return, or after isolating for a minimum of 10 days and at least 24 hours after fever resolution**. Please review this form carefully. Contact the school nurse with any questions.

Recommendations:

- Go home - STAY HOME
- Call your doctor for additional instructions if you feel worse - Do not go to the office, clinic, or emergency room unless you call ahead and are told to come in. *(unless you need emergency care)*
- Set up virtual visit ASAP
- Monitor symptoms.
- Report any positive results to the school nurse.
- Stay in touch with the school nurse with any updates.
- Obtain a Return to School Excuse Form
- Call the school nurse **before** you plan on sending your child back to school.

At home:

- Clean hands at the door and at regular intervals
- Create habits and reminders to avoid touching their face and cover coughs and sneezes
- Disinfect surfaces like doorknobs, tables, and handrails regularly
- Increase airflow by opening windows or adjusting air conditioning

Ending Isolation

When to return to school or work guidelines :

The decision to discontinue home isolation for persons with confirmed or suspected COVID-19 should be made in the context of local circumstances. Options include a symptom-based (i.e., time-since-illness-onset and time-since-recovery strategy) or a test-based strategy.

The symptom-based, time-based, and test-based strategies may result in different timeframes for discontinuation of isolation post-recovery. For all scenarios outlined above, the decision to discontinue isolation should be made in the context of local circumstances.

Note that recommendations for discontinuing isolation in persons known to be infected with COVID-19 could, in some circumstances, appear to conflict with recommendations on when to discontinue quarantine for persons known to have been **exposed** to COVID-19. CDC recommends 14 days of quarantine **after exposure** based on the time it takes to develop illness if infected. Thus, it is possible that a person *known* to be infected could leave isolation earlier than a person who is quarantined because of the *possibility* they are infected.

These can be siblings and family members! Quarantine and isolation are 2 different scenarios.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Additional information:

Households with vulnerable seniors or those with significant underlying conditions

Significant underlying conditions include heart, lung, kidney disease; diabetes; and conditions that suppress the immune system

- Have the healthy people in the household conduct themselves as if they were a significant risk to the person with underlying conditions. For example, wash hands frequently before interacting with the person, such as by feeding or caring for the person
- If possible, provide a protected space for vulnerable household members
- Ensure all utensils and surfaces are cleaned regularly

Households with sick family members

- Give sick members their own room if possible, and keep the door closed
- Have only one family member care for them
- Consider providing additional protections or more intensive care for household members over 65 years old or with underlying conditions

This information is based on guidance released by the Centers of Disease Control and Prevention (CDC) and is subject to change as additional information becomes available.