

Safety Tips for Returning to School #6

Newton Community Schools Sick or Exposed Student Requirements
(as of 8-20-2020)

COVID-19 Parent Information

COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. The virus that causes COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced by an infected person. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet).

People with COVID-19 have had a wide range of symptoms reported – ranging from none to mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

Newton Community Schools will be adhering to the guidance from the Iowa Department of Public Health when evaluating ill students in the nurses' office. The Guidance from the Iowa Department of Public Health is as follows:

Students who have **ANY high-risk symptom** **OR** **two or more low risk symptoms** should not be in school (for a minimum of 10 days) and are advised to seek an evaluation by a healthcare provider.

HIGH RISK SYMPTOMS

New Cough
Shortness of breath
Difficulty breathing
New loss of taste/smell

LOW RISK SYMPTOMS

Fever	Fatigue
Headache	Muscle/Body aches
Sore Throat	Runny Nose
Congestion	Nausea
Vomiting	Diarrhea

STUDENTS MAY RETURN TO SCHOOL WHEN:

Situation 1: If child is NOT evaluated by a healthcare provider:

- At least 10 days have passed since their symptoms first appeared **AND**
- They have had no fever for at least 24 hours (that is ONE full day without the use of medicine that reduces fevers) **AND**
- Their other symptoms have improved (for example, when your cough or shortness of breath has improved)

Situation 2: If a child is evaluation by a healthcare provider and the provider determines the following:

- **Negative COVID-19 Test-** Students may return to school after 24 hours with no fever (without the use of fever reducing medicine) **AND** symptoms are improving. (Physician's note is required).
- **Alternative Diagnosis-** Students may return to school after 24 hours with no fever (without the use of fever-reducing medicine) **AND** symptoms are improving (Physician's note required).
- **Positive COVID-19 Test-** Return to school after 24 hours with no fever (1 full day without fever- reducing medications), **AND** symptoms improving, **AND** 10 days since symptoms started.

IDENTIFYING CLOSE CONTACTS FOR COVID-19

Students who have been in close contact with a COVID-19 positive individual (within 6 feet of a positive person for more than 15 consecutive minutes) will need to stay home and quarantine for 14 days and monitor for symptoms. (Examples: mother, father, siblings, someone at work, church, school, sports activities, etc.)

1. If no symptoms develop, students can return to school 14 days from their last contact with the COVID-19 positive individual
2. If symptoms develop, students should be evaluated by a health care provider
3. If a student tests positive for COVID-19, they should isolate for 10 days
4. If a student tests negative for COVID-19, they must still complete their 14-day quarantine before returning to school.
5. Individuals who have previously diagnosed Positive for COVID-19 within the past 12 weeks, and were exposed to a COVID-19 case, do not need to quarantine.

The school will:

- Notify Jasper County Public Health Department
- Identify close contacts and quarantine exposed students and staff
- Notify appropriate school administration, families and staff (without identifying the COVID-19 case)
- Provide Jasper County Public Health with list of close contact

Jasper County Public Health will:

- Recommend quarantine for all household contacts of COVID-19 case
- Work with school to determine which students and staff should be quarantined

Safety Tips for Returning to School #5

As the Health and Safety committee continues work to put together a comprehensive plan for returning all staff and students to school on September 8 safely, here are a few more things you can do to help prepare your students:

- **Immunizations** - Remember to update your immunization records
 - Preschool Boosters
 - Kindergarten Boosters
 - 7th Grade Tetanus and Meningitis
 - 12th Grade Meningitis
 - Sports physicals
- **Update Your Contact Information** - Due to the increased risk of illness and your student being sent home this year, please update your contact information with emergency names and phone numbers in Infinite Campus. Please contact Melinda Robertson at the Administration Office at 641-792-5809 or robertsonm@newton.k12.ia.us to update your information.
- **Be Prepared For Your Student To Be Sent Home** - In the event your student is exposed to or has the symptoms of COVID-19, your student may need to stay home for a quarantine period. The potential for a classroom, building or district-wide shut down is likely. This will happen with little or no notice. Please have child care arrangements, if needed, in place ahead of time should this happen with your student.
- **Masks** - Continue to have your student practice wearing a mask a each day to help prepare for all day wear when going to school
 - Increase your wear time of mask from last week
 - Remember to set a schedule for washing your masks every day
- **Return to Learn Website** - For any information about what returning to school will look like, please visit our [Return to Learn](#) website. For any questions you may have, email or text the anonymous tip line tipline@newtoncsd.org or 641-323-1150

Thank you for your help in preparing your student to return safely to school on September 8! If you have any questions, please contact a building administrator or central office personnel. Have a safe day!

Watch for further weekly safety tips from the Health and Safety subcommittee!

Safety Tips for Returning to School #4

As the Health and Safety committee continues work to put together a comprehensive plan for returning all staff and students to school on August 25 safely, here are a few more things you can do to help prepare your students:

- **Update Your Contact Information** - Due to the increased risk of illness and your student being sent home this year, please update your contact information with emergency names and phone numbers in Infinite Campus. Please contact Melinda Robertson at the Administration Office at 641-792-5809 or robertsonm@newton.k12.ia.us to update your information.
- **Be Prepared For Your Student To Be Sent Home** - In the event your student is exposed to or has the symptoms of COVID-19, your student may need to stay home for a quarantine period. The potential for a classroom, building or district-wide shut down is likely. This will happen with little or no notice. Please have child care arrangements, if needed, in place ahead of time should this happen with your student.
- **What To Do To Call In An Absence** - Remember to call the school in the morning if your student will be absent for the day. Be prepared to answer the following questions:
 - Why is your student absent?
 - Does your student have a temperature?
 - If so, what is their temperature?
 - What other symptoms do they have?
 - Is anyone else in the household ill?
- **Masks** - Continue to have your student practice wearing a mask a little each day to help prepare for all day wear starting in August.
 - Increase the practice to 60 minute sessions twice a day
 - Slowly increase the time increments each week
 - Remember to set a schedule for washing your masks every day
- **Return to Learn Website** - For any information about what returning to school will look like, please visit our [Return to Learn](#) website. For any questions you

may have, email or text the anonymous tip line tipline@newtoncsd.org or 641-323-1150.

Thank you for your help in preparing your student to return safely to school on August 25! If you have any questions, please contact a building administrator or central office personnel. Have a safe day!

Watch for further weekly safety tips from the Health and Safety subcommittee!

Safety Tips for Returning to School #3

As the Health and Safety committee continues work to put together a comprehensive plan for returning all staff and students to school on August 25 safely, here are a few more things you can do to help prepare your students:

- **Hand Washing** - The first line of defense against illness is washing your hands! Please begin practicing now!
 - Follow these five steps every time
 - Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap
 - Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails
 - Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice
 - Rinse your hands well under clean, running water
 - Dry your hands using a clean towel or air dry them
 - [Hand Washing Videos](#)
 - [When and How to Wash Your Hands](#)
- **Masks** - Continue to have your student practice wearing a mask a little each day to help prepare for all day wear starting in August.
 - Increase the practice to two 45 minute sessions a day
 - Slowly increase the time increments each week
 - Remember to set a schedule for washing your masks every day
- **Return to Learn Website** - For any information about what returning to school will look like, please visit our [Return to Learn](#) website. For any questions you may have, email or text the anonymous tip line tipline@newtoncsd.org or 641-323-1150.

Thank you for your help in preparing your student to return safely to school on August 25! If you have any questions, please contact a building administrator or central office personnel. Have a safe day!

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Safety Tips for Returning to School #2

The Health and Safety committee is still working to put together a comprehensive plan for returning all staff and students to school in August safely! Here are a few more things you can do to help prepare your students:

- **Daily Screening** - All students are expected to conduct a daily screening for COVID-19 at home prior to coming to school. Please begin practicing now!
 - Steps for self screening:
 - Take temperature - temperature of 100.0 or higher requires students and staff to remain at home due to NCSD Policy
 - [How to Properly Take a Temperature](#)
 - Ask the following questions:
 - Within the last 24 hours have you had any of the following possible Covid-19 symptoms:
 - Fever >100.3 (CDC guidance for possible signs of COVID-19), Body Aches, Chills, Cough, Headache, Shortness of Breath, Sore Throat, Sudden Loss of Taste and/or Smell
 - Have you had any exposure to someone with a confirmed case or suspected COVID-19 over the past 14 days?
 - Have you had a positive COVID-19 test?
 - If your child has any of the previous symptoms or answers “yes” to any question, please keep your student at home

DO NOT SEND STUDENTS TO SCHOOL IF THEY ARE SICK

- **Hand Washing** - The most effective way to prevent the spread of COVID-19, as well as other germs, is washing your hands. Please begin practicing now!
 - Follow these five steps every time
 - Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap
 - Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails
 - Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice
 - Rinse your hands well under clean, running water
 - Dry your hands using a clean towel or air dry them

- [Hand Washing Videos](#)
- [When and How to Wash Your Hands](#)
- **Water Bottles** - Students are encouraged to bring a clean, full bottle of water with their name on it to school each day. Reusable bottles should be cleaned at home daily. Water fountain usage will be limited to use of bottle fillers.
- **Masks** - Continue to have your student practice wearing a mask a little each day to help prepare for all day wear starting in August.
 - Increase the practice to 30 minute sessions twice a day
 - Slowly increase the time increments each week
 - Remember to set a schedule for washing your masks every day

Thank you for your help in preparing your student to return safely to school in August! If you have any questions, please contact a building administrator or central office personnel. Have a safe day!

Watch for further weekly safety tips from the Health and Safety subcommittee!

Safety Tips for Returning to School #1

The Health and Safety committee is working to put together a comprehensive plan for returning all staff and students to school in August safely! Here are a few things you can do to help prepare your students:

- **Transportation** - In an attempt to reduce exposure to COVID-19, we encourage all families to consider alternate transportation other than school bussing if at all possible
 - Walk zones for elementary and middle school students include those living 2 miles or less from the school
 - Walk zones for high school students include those living 3 miles or less from the school
- **Doctor Visits** - If you have any health concerns for your student, you may want to consider consulting with your physician about a return to school plan
 - Remember...
 - Immunizations
 - Preschool Boosters
 - Kindergarten Boosters
 - 7th Grade Tetanus and Meningitis
 - 12th Grade Meningitis
 - Sports physicals
- **Masks** - Masks are required for all staff and students for the 2020-2021 school year. This may be a challenge to get used to. Practicing a little each day will help prepare students for all day wear starting in August.
 - In preparation, have your child wear a mask for 15 minutes twice a day for a week
 - Slowly increase the time increments each week

Thank you for your help in preparing your student to return safely to school in August! If you have any questions, please contact a building administrator, central office personnel, or attend the Virtual Town Hall meeting on Thursday, July 23rd! Have a safe day!

Watch for further weekly safety tips from the Health and Safety subcommittee!