

## HEALTH SERVICES INFORMATION FOR SCHOOL YEAR 2020-2021

Dear Parents/Guardians:

As we plan for return to in-person instruction, there are several areas we need to address--especially with the fluidity of COVID-19. Guidance from the Maine Center for Disease Control and Prevention (CDC), Maine Department of Education (DOE), and the American Academy of Pediatrics (AAP/MAAP) are updated weekly. Your help is appreciated in doing all we can to keep our school community healthy and safe.

**Please review the below COVID-19 symptoms below and the sample screening tool.**

**[Pre-screening tool](#)** Screening your child for these symptoms will be required **each morning before arrival at school**. This tool is for your reference only, **do not** send it to school.

Is your child experiencing any of the following symptoms?

- |  |   |
|--|---|
| <input type="checkbox"/> Feeling unwell  | <input type="checkbox"/> Muscle Pain                            |
| <input type="checkbox"/> Cough   | <input type="checkbox"/> Headache                               |
| <input type="checkbox"/> Shortness of breath or difficulty breathing                         | <input type="checkbox"/> Chills or repeated shaking from chills |
| <input type="checkbox"/> Fever-like symptoms such as body aches, body chills and/or sweating | <input type="checkbox"/> Runny nose/congestion                  |
| <input type="checkbox"/> Temperature over 100.4 degrees F or 38.0 degrees C                  | <input type="checkbox"/> Sore throat                            |
|  | <input type="checkbox"/> New loss of taste or smell             |
|  | <input type="checkbox"/> Nausea and/or Vomiting                 |
|  | <input type="checkbox"/> Diarrhea                               |

**If you answered yes to any of the symptoms, keep your child home from school. Contact your medical provider for further instructions and alert the School Nurse.**

**\*\*If any of the above-listed symptoms are sudden or severe, seek immediate medical attention.\*\***

| Please indicate yes or no next to the following statements:   | Yes | No |
|---|-----|----|
| Has your child taken cough/cold medication and/or fever reducers such as Tylenol/ibuprofen today for the above listed symptoms?           |     |    |
| Has your child been tested for COVID-19 in the last 2 weeks?  |     |    |
| Has your child student had close contact* with someone with a <u>confirmed</u> diagnosis of COVID-19 in the past 14 days?                 |     |    |
| Has your child had close contact* with someone with a <u>suspected</u> diagnosis of COVID-19 in the past 14 days?                         |     |    |
| Has your child traveled by air or traveled out of state in the past 14 days? If yes, please contact the school before arriving on campus. |     |    |

### **What is considered “close contact”?**

- Your child was within 6 feet of someone who has COVID-19 for at least 15 minutes
- Someone in your home is sick with COVID-19
- Your child had direct physical contact with the sick person (touched, hugged, or kissed)
- Your child shared eating or drinking utensils with the sick person
- The sick person sneezed, coughed, or somehow got respiratory droplets on your child

### **SCHOOL PROTOCOL: When we send children home and when to stay home:**

- Any symptom listed above. [See Child Feels or Appears Unwell updated 9.1.20](#)
- Injuries that may require further medical attention or parent instruction .
- Chronic medical conditions that may require further evaluation or parent instruction.
- Any other condition for which the health staff determines a medical evaluation is necessary (i.e. Chicken Pox, Conjunctivitis, etc.).

### **RETURNING TO SCHOOL AFTER ANY ILLNESS:**

- When returning to school following an absence due to illness or isolation, students must be checked at the Health Office for a post-illness evaluation immediately upon arrival to school, **before** going to the classroom. A doctor note or lab report is required for reentry per the MAAP/DOE guidelines. This may be faxed to the school nurse.
- Students who arrive with a temperature of 100.4°F or higher, or have taken fever reducing medication, will not be given access to the classroom and parents will be notified to pick up their child immediately.
- When the child returns to school, he/she must be well enough to participate in all activities. Exception to the rule: If there is a restriction from some activity there must be a note from the child’s health care provider explaining for how long.

### **MEDICATIONS:**

Please review the schools policy on medications: [BIDDEFORD Policy](#) & [DAYTON Policy](#)  
Should your child need medication at school, please contact the school nurse and we will be happy to assist you. Children are **NOT ALLOWED** to carry any medications with them at school, including prescriptions and over the counter medications (e.g. cough drops). In the case of emergency medications, such as inhalers and EPI PENS, that determination will be made by the school nurse. [Asthma Action Plan](#) [Food Allergy and Anaphylaxis Emergency Plan](#)

### **FOOD OR INSECT ALLERGIES:**

If your child has a food or insect allergy, please discuss this with the school nurse. It is important for us to have a treatment plan at the start of each school year by a physician and medications (if needed) on file in the event of an emergency.

### **FLU (INFLUENZA) VACCINE CLINIC:**

Biddeford will host a **drive through flu vaccine clinic on Thursday, October 1st from 5-7pm** at the Biddeford Middle School (BMS) bus loop and **Dayton is planning a community-wide flu vaccine clinic (Date TBD)**. This will be a great opportunity for families to access the flu

vaccine in a convenient setting. Additional clinics may be held during school hours for students.

### **IMMUNIZATION REQUIREMENTS:**

Immunization requirements for admission to school in the 2020-2021 school year remain unchanged. All students must be immunized in accordance with Maine law.

**Maine School Immunization Requirements:** All children attending a public or private school (both in-person and distance learners) in Maine **MUST** have a minimum of the following immunizations\*:

- **Required for PreK entry:**
  - 4 DTaP (3 DTaP if 4th is given on or after 4th birthday)
  - 3 Polio (2 Polio if the 3rd is given on or after the 4th birthday)
  - 1 MMR (measles, mumps, rubella)
  - 1 Varicella (chickenpox) or reliable history of disease
- **Required for Kindergarten entry:**
  - 5 DTaP (4 DTaP if 4th is given on or after 4th birthday)
  - 4 Polio (3 Polio if the 3rd is given on or after the 4th birthday)
  - 2 MMR (measles, mumps, rubella)
  - 1 Varicella (chickenpox) or reliable history of disease
- **Required for 7th grade entry:**
  - 1 Tdap
  - 1 Meningococcal Conjugate Vaccine (MCV4)
- **Required for 12th grade entry:**
  - 2 MCV4, only one dose is required if the 1st dose is given on or after 16th birthday

*\* Each immunization entry must include: vaccine type, date administered, and the name of the provider. **Please call your doctor office today to prevent a delay in starting school.***

### **CLOTHING:**

Clothing can become wet from spills, the playground, or bathroom accidents. Children are **not allowed** to stay at school wearing clothing contaminated with blood or body fluids. Please have an extra change of clothes available in your child's backpack in case they need to change.

### **HEAD LICE:**

Please check your child's hair frequently throughout the year. In the event that your child has head lice, please treat him/her and comb their hair with a lice comb (metal lice comb is recommended) daily for 4 weeks after initial treatment. Also please notify the school nurse. If your child will be absent from school, please notify the school office.

Thank you for your assistance in assuring the safety of all of our students, and we appreciate you putting your trust in us to care for your child. If you have any questions regarding the above information or during the school year, please call us directly.

*Biddeford & Dayton School Department School Nurses*