

MPS School Nurse Guidance related to COVID19 and General Illness:

1.

Current Massachusetts DESE/DOH Guidance for COVID-19, updated July 2022

Middleborough School Nurses follow the current Massachusetts Department of Public Health State and local and district MDPH regulations and protocols with regards to all communicable diseases and infections.

Current Mass DPH/ Mass DESE COVID-19 Isolation and Quarantine Guidance for Children in Child Care, K-12, School Settings (link to reference included below *)

Overview: Effective May 25, 2022, children in child care, K-12 settings please follow the following protocols.1

For students with symptoms of Covid19:

- Student will be dismissed from school by the School Nurse , and
- Students will be allowed to return to their program or school if they test negative, or they have been fever-free for 24 hours without the use of fever-reducing medication and their symptoms are resolving, or if a medical professional makes an alternative diagnosis.
- The MPS School Nurse's Office has Covid 19 test kits for interested parents/careproviders to take home when they dismiss their students with symptoms that indicate a question of possible Covid-19. The at-home test kits are completely optional.

COVID-19 symptoms list:

- **Fever (100.0° Fahrenheit or higher),**
- **chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle aches or body aches**
- **Cough (not due to other known cause, such as chronic cough)**
- **Sore throat**, when in combination with other symptoms
- **Nausea, vomiting, or diarrhea** when in combination with other symptoms
- **Headache** when in combination with other symptoms
- **Fatigue**, when in combination with other symptoms
- **Nasal congestion or runny nose** (not due to other known causes, such as allergies) when in combination with other symptoms

2.

Current COVID-19 Close Contact exposure Guidance:

Massachusetts DESE/DOH Guidance for COVID-19 Overview: Effective May 25, 2022, for children in pre k and K-12 settings 1. and in conjunction with our local MDPH Nurse Jaclyn

Johnson BSN PHRN, here is the specific guidance for "Isolation and quarantine after a close contact exposure:

- **Quarantine for asymptomatic exposed children**, regardless of where the exposure occurred, is no longer required for these settings. Children who are identified as close contacts may continue to attend programming as long as they remain asymptomatic. Those who can mask should do so until Day 10. A test on Days 2 and 5 is recommended, but not required." and
- "To count days for quarantine and isolation, Day 0 is the date of exposure for close contacts, and for positive cases is the first day of symptoms OR the day the day positive test was taken, whichever is earlier."
- Note Clearance to attend school is now all a personal attestation of well or recovered. MD letters are no longer needed. The MPS ESY Nursing Welcome letter with all the resources is attached. Links to Mass Public Health current resources are included below

3.

Non-COVID19 Specific related Health Services Guidance:

Illness & Dismissal

When your child is not feeling well during the school day, our MPS School Nurses are available in the School Health Office to assess your child. We ask parents/care providers to please have a plan in place to pick up your child in case he/she needs to be dismissed from school for illness or accidental injury. If a student has symptoms of illness needing to be dismissed, the school nurse will contact the parents/care providers as listed on your child's Emergency Contact sheet. We will contact all names you listed on the Nurse Emergency Contact sheet until someone is reached.

Please keep in mind that your child can be ill and contagious without the presence of a fever. Below is a list of some health issues for your reference. This is a partial list as your School Nurse's assessment determines when a student is unwell and in need of a nursing dismissal from school. Thank you.

- **FEVER**- We consider a temperature of 100 degrees or higher a fever. Children should remain at home fever-free for 24 hours without taking Tylenol or Motrin.
- **VOMITING/DIARRHEA**- Children should remain at home symptom-free for 24 hours and are able to ingest fluids and food comfortably.
- **COUGHS/COLDS**- If your child has discomfort from their cold symptoms, consider keeping them home. A continuous cough and/or continuous or green nasal drainage may need to be evaluated by your child's physician.
- **CONJUNCTIVITIS**- Your child must be on an antibiotic for 24 hours after the first dose before returning to school. Good hand-washing for the entire family is essential to prevent its spread.
- **STREP THROAT**- Children cannot return to school until 24 hours after the first dose of antibiotic is taken. They should feel well enough to return to school. Some children feel ill for several days with strep infections.
- **SUSPICIOUS RASH**- Children with rashes that are suspicious should have them evaluated by a physician and be cleared to return to school.
- **MONONUCLEOSIS**- Please contact the school nurse if your child is diagnosed with mono. Your child's physician will most likely place restrictions on their physical activity and temporary accommodations can be arranged at school.

- HEAD LICE- Please refer to our link section for specific information on treating head lice. Children must be treated with a pediculosis (such as Nix) before returning to school. Please contact your child's physician for advice on which product he recommends. You should accompany your child to school and the nurse will check them before they return to the classroom.
- FIFTH'S DISEASE- Children are no longer contagious by the time symptoms appear with this viral illness. Fifth's disease is of concern to pregnant women and should be reported to the school nurse.
- CHICKENPOX- Your child should remain at home five days or until all areas are crusted over, completely dry and no new areas are breaking out.
- IMPETIGO- Your child must remain at home until 24 hours after the first dose of antibiotic. .

Resources:

1. current Guidance from Mass DPH/DESE:

Link:

<https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-guidance-for-children-in-child-care-k-12-out-of-school-time-ost-and-recreational-campprogram-settings>

2. Health Services and COVID19 Resources for MPS Families and Staff:

Link to MPS, Health Services page with information for Families, students and staff related to returning to school after COVID19 related absences

<https://www.middleboro.k12.ma.us/Page/5726>

3. The following Mass.gov site includes COVID-19 Isolation and Quarantine Guidance for the General Public, on the following topics:

- [Allowance for Return to Work or School/Childcare](#)
- [Frequently Asked Question](#)

Link:

<https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-guidance-for-the-general-public>

4. Staff in child care/school settings should adhere to protocols previously issued [DESE](#):

<https://www.doe.mass.edu/covid19/on-desktop/protocols/protocols.pdf>

Last reviewed July 14, 2022