SEPTEMBER NURSE’S NEWSLETTER FOR THE UPCOMING SCHOOL OPENING (2020-2021)

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WELCOME TO A NEW SCHOOL YEAR!

Hope that you and your family are safe and healthy as we start a new school year.

As we navigate an unfamiliar circumstances due to the global COVID-19 pandemic, Township of Union Public Schools, in collaboration with the Department of Health, and Education/CDC takes appropriate steps to ensure the safety, well-being of all students, staff, families and the community.

***The plan for reopening is subject to changes based upon executive orders by the governor’s office and CDC regulations***
Actions to take and points to remember.
Check your child each morning for signs of illness and please keep them home (hybrid) if they have the following health issue per CDC guidelines:

*** Temperature of 100.4 degrees and higher.
*Cough/congestion/runny nose
*** Shortness of breath or difficulty of breathing
*Diarrhea
* Headache
* Vomiting
* Body/muscle aches
*** Loss of taste
* Fatigue
*** Sore throat
* If your child has had a close contact to a COVID-19 case.
**** A doctor's note is required when your child returns to school as per Township of Union School District policy***.
### Symptoms of COVID-19

<table>
<thead>
<tr>
<th>Symptoms of COVID-19</th>
<th>Strep Throat</th>
<th>Common Cold</th>
<th>Flu</th>
<th>Asthma</th>
<th>Seasonal Allergies</th>
</tr>
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<tbody>
<tr>
<td>FEVER</td>
<td>![Symptom]</td>
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<tr>
<td>COUGH</td>
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<tr>
<td>SORE THROAT</td>
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<tr>
<td>SHORTNESS OF BREATH</td>
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<td>FATIGUE</td>
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<tr>
<td>DIARRHEA OR VOMITING</td>
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<td>RUNNY NOSE</td>
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<td>BODY/MUSCLE ACHES</td>
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- ![Symptom] Symptom of Illness

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)
# Daily Home Screening for Students

Parents: Please complete this short check each morning and report your child's information [INSERT YOUR SCHOOL REPORTING INSTRUCTIONS] in the morning before your child leaves for school.

### SECTION 1: Symptoms
If your child has any of the following symptoms, that indicates a possible illness that may decrease the student's ability to learn and also put them at risk for spreading illness to others. Please check your child for these symptoms:

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<tbody>
<tr>
<td>☐</td>
<td>Temperature 100.4 degrees Fahrenheit or higher when taken by mouth</td>
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<tr>
<td>☐</td>
<td>Sore throat</td>
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<tr>
<td>☐</td>
<td>New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)</td>
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<tr>
<td>☐</td>
<td>Diarrhea, vomiting, or abdominal pain</td>
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<td>New onset of severe headache, especially with a fever</td>
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### SECTION 2: Close Contact/Potential Exposure

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<td>☐</td>
<td>Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19</td>
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<td>☐</td>
<td>Travel to or lived in an area where the local, Tribal, territorial, or state health department is reporting large numbers of COVID-19 cases as described in the Community Mitigation Framework</td>
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<tr>
<td>☐</td>
<td>Live in areas of high community transmission (as described in the Community Mitigation Framework) while the school remains open</td>
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[cdc.gov/coronavirus]
POINTS TO CONSIDER AND REMEMBER

*Make sure your information in Genesis is current, including emergency contact and individuals authorized to pick up your child(ren) from school within 30 minutes of receiving the call from the nurse’s office.

*Plan for possible closure or periods of quarantine as per CDC guidelines. If transmission is increasing in the community or if multiple children or staff tested positive for COVID-19, the school building may need to be close. Similarly, if a close contact of your child (within and outside of school) tests positive, your child may need to stay home for a 2-week quarantine period.

*Plan for transportation - If your child rides the bus, plan for your child to wear a face mask and talk to your child the importance of following bus rules and any spaced seating rules.

*If your child has an Individualized Education Program (IEP), 504 Plan, IHP, or other learning support, ask the school how these services will continue.

* For IHP (e.g. Asthma Action Plan, Seizure, Diabetes, Food Allergy) - the form have to be completed by the child’s primary physician and must be signed and stamped. Parent have to sign and complete the form (e.g., emergency contact). Parent/adult has to drop off the medication and the completed form to the nurse’s office per building policy (Applicable for students attending hybrid classroom).
POINTS TO REMEMBER AND CONSIDER

- Make sure your child is up-to-date with all mandated VACCINES and completed physical, (by September 9, 2020), including FLU vaccine for PRE – K students (by December 31, 2020). Your child’s registration is not completed if your child is missing vaccines and completed physical. This is applicable to in-person learning and virtual learning.

- Review and practice proper hand washing techniques at home, especially before and after eating, sneezing, coughing, adjusting a face mask and using bathroom.

- Develop a daily routine (extra time) before and after school – for example, check your child’s temperature/illness, things to pack for school in the morning (like sanitizer and additional (back-up) face mask, water bottles, and things to do when your child return home (like washing hands immediately and taking a bath/shower and changed clothing).

- Talk to your child about precautions to take at school. Children may be advised to:
  * Wash and sanitize their hands more often and avoid touching mouth, nose and eyes.
  * Keep physical distance from other students
  * Wear a face mask properly by covering mouth and nose.
  * Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books.
  * Use hand sanitizer and do not put it inside mouth or lick them.
CLOTH/FACE MASK POINTS TO CONSIDER

Have multiple face mask/coverings, so you can wash them daily and have back-ups ready. Choose face mask that:

* Fit snugly but completely against the side of the face
* Completely cover the nose and mouth
* Are secured with ties or ear loops
* Include multiple layers of fabric/no exhalation valves/vents. Gaiters and face shields evaluation is on-going but effectiveness is unknown at this time.
* Allow for breathing without restriction
* Can be washed and machine dried without damage or change to shape
* Label your child’s face/cloth mask clearly with a permanent marker so that they are not confused with those of other children and send a spare for back-up (resealable bag inside back pack).
* Practice with your child putting on and taking off face/cloth coverings without touching the cloth.
* Consider providing your child with a resealable bag to bring to school to store their face mask coverings when not wearing it (e.g. eating) or soiled. Make sure you label them too.

***PLEASE REFER TO cdc.gov (Coronavirus disease 2019 How to select masks)***
How to wear cloth face coverings

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

WEAR A FACE COVERING TO PROTECT OTHERS

- Wear a face covering that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
- Wear a face covering in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a face covering correctly for maximum protection
- Don't put the face covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect