



Welcome Back

Health And Safety Update

COVID-19



Welcome Back Eagles!

We have lots of information to share with you regarding Health and Safety measures as we start back to the 2020-2021 school year. If you have medical questions, please email the district nurse at megantruax@bwls.net.

District Nurse:

Megan Truax BSN, RN, LSN

Clinic Nurse Aide:

Dawn Boehm BSN, RN

Quick links:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/home>
- <https://delawarehealth.org/covid-19/>

Elementary Level Resources:

- [Wearing a Mask Helps Stop the Spread of Germs](#)
- [Masked Heroes](#)
- [Germs](#)
- [teaching your child how to apply hand sanitizer](#)
- [Social Stories for returning to school](#)

Intermediate/MS/HS Level Resources

- [Handwashing](#)
- [How to used Hand Sanitizer](#)

Useful Tips Before We Return To School

Face masks/gaiters will be required under a mandate by the State of Ohio (exceptions when appropriate). Please help with this by doing the following:

- Explain that wearing the mask is important to keep everyone healthy and that some people may not wear one for medical reasons.
- Practice putting it on/off without touching the mask and using the ear loops
- Discuss how to properly wear a mask with your child. It should:
 - Fit snugly, yet comfortable
 - Cover the nose and chin completely
 - Include multiple layers of fabric
 - Secure with ties or ear loops for masks.
 - Allow for breathing without restriction
- Wash and dry your mask without causing damage or change to shape
- Use clean hands when putting on your mask
- Label masks with child's name
- Pack an extra, clean mask

- Review how and when to wash your hands:
 - Before and after eating, after using the restroom, after coughing or sneezing, when visibly dirty, after touching your mask and anytime throughout the day as requested by staff
- Review when and how to use hand sanitizer:
 - Practice the one pump into a room, one pump leaving the room method

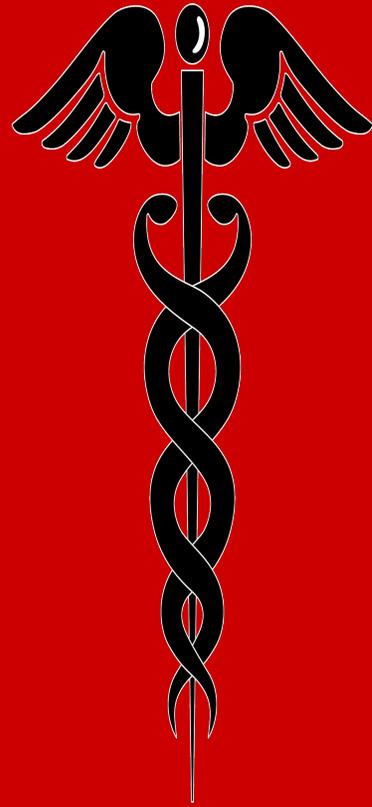
- Keep your hands off your face
- Keep fingers out of your mouth and nose
- Cover up a cough or sneeze!
 - Use your elbow
 - Use a tissue
 - Wash your hands when you're done



When to see the Nurse

Talk about when you should see the nurse and when it is a good time to stay in class. Remember:

- It's important to only be in the office if you are ill, injured, or have a medical issue that needs to be addressed.
- Sometimes we need a break and might need to just take a deep breath. You can put your head down and/or get a drink of water.
- If a student needs to go to the office, the office staff will need to see a note from their teacher.
- Be sure to pack a personal, refillable, labeled water bottle. Filling stations will be opened, but drinking fountains will be closed.



Social Distancing



Social Distancing Points

- It's important to keep our hands to ourselves.
- No high fives or hugging, but an elbow bump or toe tap are a great way to say "Hi"!
- We won't be sharing supplies and it is OK to tell friends that you cannot share.

Daily Symptom Monitoring

- Complete your DAILY STUDENT SYMPTOM CHECKLIST prior to sending your child to school. Remember:
 - Have a working thermometer at home.
 - Do not send your child to school if he/she has been identified as a close contact of a COVID-19 + case. Call the attendance line for further information.
 - Update your child's medical information in PowerSchool, especially if they have known seasonal allergies or asthma. Please share what their normal response is to having allergies/asthma and if they are receiving treatment.
 - Share symptoms of seasonal allergies with your child's teacher. This will help us determine if the symptoms are a new onset communicable disease or are related to their allergies/asthma.
 - Have a plan in place for a timely pick up of your child, should he/she become ill at school (within 30 minutes).
 - Check PowerSchool to be sure you have listed any Emergency Contacts who could pick up an ill student in a timely manner.

We are not diagnosing illnesses, only recognizing symptoms consistent with communicable diseases. Out of an abundance of caution, we will send children home who display symptoms consistent with communicable diseases who have no other medical diagnosis to explain the said symptoms.



Symptom Checklist

If these symptoms are new and not associated with symptoms of allergies or asthma, your child should not attend school. Symptoms include:

- Temperature of 100.4 degrees or higher
- Uncontrolled cough causing difficulty breathing
- Chills and/or repeated shaking with chills
- Muscle aches
- Severe headache
- Sore throat
- Loss of taste and smell
- Congestion or runny nose
- Nausea and vomiting
- Diarrhea
- Exposure to a positive COVID-19 case and identified as a close contact



Other conditions to not attend school:

- Eye infection
- Head lice
- Rash
- Strep throat
- ER or hospital visit within the last 24 hrs



If school is alerted to a positive case of COVID-19, these action steps will be taken under the guidance of the Delaware General Health District (DGHD):

- District Nurse Megan Truax will receive this information from the DGHD or will call to confirm a suspected case.
- Once confirmation is received, the student/staff member will receive a “Return to School” informational letter. In conjunction with the DGHD, the process of how and when you can return to school is explained.
- The DGHD will contact the COVID-19 positive case and discuss the isolation process and will establish who is considered a “close contact” to the positive case.
- The DGHD will contact school and discuss the timing of the case, when they were last at school, and their travels within the school building.
- The DGHD will contact any person(s) that would be considered a “close contact” and discuss the quarantine process.
- The DGHD will determine the length of time required for isolation and quarantine following CDC guidelines.
- If a positive case requiring isolation or a close contact requiring quarantine is identified by the DGHD, you will receive a “Release to Activity” letter from the DGHD. This letter is required to return to school. **A doctor’s note or a negative test will not be accepted.**
- A letter will be sent home with students who share a classroom or bus with a positive case explaining that there has been a positive case and instructions from the DGHD.

What if...

If a student becomes ill while at school, these action steps will be taken under the guidance of the Delaware General Health District (DGHD):

- Each building will have a designated space for ill students other than our medical clinic. This space will be called our “Waiting Room”.
- Students who display symptoms consistent with a communicable disease, that is outside their normal baseline health, will be placed in the waiting room until a nurse assessment is completed and it is determined whether the student needs to be sent home.
- Once a student is placed in the waiting room, staff entering that space will be wearing a gown, gloves, mask and a face shield. This is out of an abundance of caution and following the guidance of the CDC. Remind your student that it is for the health and safety of our staff members.
- It is our goal to keep students at school and learning. However, out of an abundance of caution, we may have to send ill students home when we would have typically tried to keep them at school to see if their symptoms resolve on their own.
- If your child is sent home, please follow the BWLS guidelines in your student handbook under “Student Illness”.
- If you choose to have your child tested for COVID-19, please remain at home until you receive your child’s test results. If they receive a positive result, your child is to remain home until they are released from the DGHD. We would then follow the guidelines from the DGHD regarding a positive case of COVID-19.

- **Explain and discuss how the school experience will be different this year** (i.e. wearing masks, tables/desks moved apart, maintaining social distance). Each building will address the lunchroom, recess, playground and building traffic flow.
- Talk about how school is going and about interactions with students and staff. Find out how your child is feeling and communicate that what they may be feeling is normal.
- Connect with your child's class, school, and district virtually through Schoology.

Don't forget



- Develop routines before school (i.e. packing masks and water bottle)
- Develop routines after school (i.e. washing hands immediately and washing worn face coverings)

If your child has seasonal allergies, asthma, headaches, etc., consider sending in OTC medicine to help these symptoms. Such items would be cough drops, Advil/Tylenol, allergy eye drops. A Medication Administration form is required and is to be completed by a parent or guardian and all medicine needs to be in its original bottle. Medications are not permitted to be transported on the school bus or in student belongings (backpack/lunch).