

## FOXBOROUGH PUBLIC SCHOOLS SCHOOL HEALTH SERVICES

Dear Foxborough Families,

Please review a summary of the COVID-19 isolation and exposure guidance for students and staff. This is a summary taken directly from the Commonwealth of Massachusetts website, mass.gov. This is meant to highlight the main points.

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

- A rapid antigen test, such as a self-test, is preferred to a PCR test in most situations.
- To count days for isolation, Day 0 is the first day of symptoms OR the day the positive test was taken, whichever is earlier.
- In school COVID testing, contact tracing and quarantine are no longer done.
- All individuals are encouraged to stay up-to-date with vaccination.
- **Exposure to someone who is COVID positive:** The individuals who were exposed may continue to attend school until they develop symptoms themselves. It is also recommended to test after day 6 of an exposure. No mask required.
- **Symptomatic:** Individuals presenting with symptoms will be sent home by the school nurse and allowed to return to school if symptoms remain mild and 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. A negative test is strongly recommended for return. For symptomatic individuals, DPH recommends a second test within 48 hours if the initial test is negative.
- **Students and staff who test positive:**
  1. Stay home from school for a full 5 days to isolate.
  2. Repeat the COVID test on day 5 or later, we recommend to test on the morning of day 6 which is the day the individual can return to school. Notify the school nurse of the COVID result by phone or email before returning to school (no need to take a photo of the result). If the individual continues to test positive after staying home for 5 days they can return to school wearing a mask through day 10. Individuals who test negative after staying home for 5 days may return to school, mask not required but recommended. Regardless of the test result, individuals need to be asymptomatic or symptoms are resolving and they have been fever free without the use of fever-reducing medicine for 24 hours, before returning to school.

### COVID-19 Symptoms in the School Setting Include:

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

*Stay well and please do not send a sick student to school,*

*Jennifer Rosenberg BSN, RN, NCSN NURSE LEADER/ Ahern Middle School*

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