



PARK RIDGE-NILES SCHOOL DISTRICT 64

164 South Prospect Avenue • Park Ridge, IL 60068 • (847) 318-4300 • F (847) 318-4351 • d64.org



DISTRICT 64 HEALTH SERVICES COVID-19 GUIDANCE FOR PARENTS/GUARDIANS

As we return to in-person learning, it will take the cooperation and commitment of the entire school community to help mitigate the risk of COVID-19 and to keep everyone safe and healthy. In order to provide a safe return, District 64 Health Services has developed guidelines based on recommendations from the Centers for Disease Control (CDC), Illinois Department of Public Health (IDPH), and the Illinois State Board of Education (ISBE).

The following **Frequently Asked Questions** will provide you with information about COVID-19, health office procedures, dismissal from school, return-to-school guidelines, and testing sites. Please feel free to reach out to your school's building nurse or administrator with questions.

What are the symptoms of COVID-19?

- Fever (100°F or higher)
- New onset or worsening of cough (unrelated to asthma/allergies)
- Shortness of breath, difficulty breathing (unrelated to asthma/allergies)
- Sore throat, nasal congestion, runny nose (unrelated to allergies)
- Recent loss of taste or smell
- Chills, muscle aches, fatigue
- Headache that persists or worsens
- Diarrhea, vomiting, or severe nausea

For an up-to-date list of symptoms, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

How long does it take for symptoms to start?

It can take anywhere from 2 to 14 days after exposure to the virus to develop signs and symptoms of illness. People have had a wide range of symptoms reported, from mild discomfort to severe illness. Some people can be positive for COVID-19 and never develop symptoms (asymptomatic).



Will my child have to wear a mask?

All students and staff are required to wear a mask while in any of our school buildings. Students should bring their own masks each day, although this can be a family-bought mask or one that was provided by the school district. Athletic face coverings/neck warmers are not allowed. Students and staff may also choose to wear a face shield in addition to the mask. The State of Illinois is providing a cloth mask for every student and staff member, and District 64 has purchased a second mask for all staff and students as well. Masks brought from home must align with District 64 dress code policies. Students and staff may only remove their mask while eating lunch or a snack and while drinking, and when outside and able to follow social distancing guidelines. When not in use, masks should be stored in a pocket, backpack, or in a ziploc bag. Masks should be taken home and laundered daily. Please teach your child about [masks](#), including wearing and caring for them. For tips on helping your child get used to wearing a mask, [click here](#). For more information on how to select, wear, and clean a mask, [click here](#).

What is the difference between isolation and quarantine?

These terms refer to public safety procedures used to help prevent the spread of germs and disease. **Isolation** means keeping sick individuals apart from the healthy population. This generally means that a person remains home, keeping distance from others. **Quarantine** refers to separating people who may have been exposed to a sick individual from others. Because individuals can spread the virus to others before symptoms have had time to develop, quarantine prevents them from spreading it to others.

What is “Close Contact”?

For COVID-19, a close contact is defined as anyone who was **within 6 feet** of an infected person for **at least 15 minutes** throughout the course of the day, starting from 48 hours before the person began feeling sick until the time the patient was isolated. If individuals meet the criteria for close contact, they should remain at home for 14 days since the last time they were in contact with the infected person. If they develop symptoms, they should contact their healthcare provider for further instructions and testing.

When should I keep my child home from school?

- if he or she shows **any one** of the signs and symptoms of COVID-19 illness
- if he/she has been tested for COVID-19 and is awaiting results
- if household members show signs and symptoms of COVID-19 and/or are awaiting for test results
- if he/she has been exposed to someone who tested positive for COVID-19
- if he/she has travelled outside the U.S. within the past 14 days.



Students who present with any COVID-19 symptoms at school will be sent home immediately and referred to the healthcare provider for testing. Please use this [form](#) on a daily basis to assess your child for symptoms.

What is the procedure for reporting my child's absence due to illness?

Please follow the regular school procedure for calling in your child's absence, making sure to provide details of the reason for the illness or injury absence. If your child experiences any of or more of the symptoms of COVID-19, has had contact with someone who has tested positive, or has traveled out of the country, you will need to provide additional information by completing a form on the [PowerSchool Parent Portal](#). This information will be reviewed by the building nurse who will contact you to provide you with instructions on remaining home and procedures for returning to school.

How have school health office procedures changed?

A number of changes to health office procedures have been put into place in order to ensure that students and staff remain healthy, and that all health needs can be met efficiently and safely.

- Nurses will be wearing PPE, including masks, and face shields, and gloves and disposable gowns as needed.
- Health offices are reconfigured to allow separate care areas for sick children and for those who require treatment for injuries and routine care such as medication administration. Social distancing guidelines will be observed.
- Traffic flow through the health office will be minimized. Parents will be asked to wait in the main office area when picking up their child or dropping off materials such as health forms.
- Enhanced cleaning measures will be implemented.

What happens when my child becomes ill at school?

If your child appears or feels unwell, arrangements will be made for the building nurse to check his/her temperature, and to check for signs/symptoms of COVID-19 (see above). This assessment will be completed in a triage area near the health office. If your child has any of the signs or symptoms, he/she will be placed in a safe, supervised area near the health office to ensure that there is no contact with other students or staff pending your arrival. School staff will contact you to pick up your child as soon as possible. It is important that you provide the school with current phone numbers for yourself and those you have designated as emergency contacts. We realize that in certain circumstances you may not be able to pick up your child immediately; therefore, it is imperative that you arrange for other individuals to do so in case you are unavailable. To prevent the spread of infection, individuals with symptoms must be dismissed from school as quickly as possible; therefore, please consider making a plan in advance for your child to be picked up in case of illness at school. Upon your arrival, you will be given a [Student Dismissal Form](#) that details the symptoms your child is



experiencing, requests that you contact your child's healthcare provider, and provides guidelines for returning to school.

If your child is sent home from school with symptoms, siblings must be sent home to quarantine as well, until an alternative diagnosis is made or negative results are received. If your sick child becomes a confirmed case or is considered a probable case, all household contacts, including siblings, must quarantine for 14 days following the last contact with the positive case.

What are the guidelines for my child to return to school after illness?

Please contact your child's healthcare provider if he/she was sent home from school due to illness or if your child develops illness at home. **Medical evaluation and COVID-19 diagnostic testing is strongly recommended for all persons with COVID-like symptoms. Testing should be via RT-PCR or Molecular test type.**

The following guidelines must be met before your child can return to school.

•If your child tested positive for COVID-19 or is suspected of having COVID-19 (not tested) and has symptoms of this illness, he or she may return to school when:

- there has been no fever for 24 hours without the use of fever-reducing medication.
- it has been 10 days since the onset of the first symptom.
- there is an improvement in symptoms.
- Release from Isolation letter from health dept. recommended

•If your child has tested positive for COVID-19 but has had no symptoms, he or she may return to school when:

- it has been 10 days since the date of the first positive test and no symptoms have developed.
- Release from Isolation letter from health dept. recommended

•If your child has exhibited COVID-19 symptoms but has been diagnosed with a non-COVID-19 illness (i.e. influenza, viral gastroenteritis, strep throat), and has not been tested for COVID-19, he or she may return when:

-the healthcare provider has supplied a note specifying the alternative diagnosis AND that there is no clinical suspicion for COVID-19 infection

- there has been no fever for 24 hours without the use of fever-reducing medication.
- there is an improvement in symptoms and recommended treatment (ie. antibiotics) has been completed
- there has been no diarrhea or vomiting within the past 24 hours

•If you child exhibited COVID-19 symptoms but has tested negative*, he or she may return when:



PARK RIDGE-NILES SCHOOL DISTRICT 64

164 South Prospect Avenue • Park Ridge, IL 60068 • (847) 318-4300 • F (847) 318-4351 • d64.org

- the healthcare provider or testing facility has supplied documentation of a negative test result
- there has been no fever for 24 hours without the use of fever-reducing medication.
- there is an improvement in symptoms

*If a student is a close contact to a confirmed case, the school is experiencing an outbreak, or the local health department is requiring validation due to community transmission levels, documentation of a negative RT-PCR COVID-19 test result is needed. In other situations, a negative rapid molecular (rapid PCR) or negative antigen test is acceptable.

Negative COVID-19 test specimen must have been collected 48 hours prior to, or after symptom onset.

•If your child has been in close contact (15 minutes or longer and within 6 feet) with a confirmed or suspected case of COVID-19 (includes siblings/family members/school contacts), or after travel outside the U.S., he or she can return:

-14 days after the last contact with the confirmed case or when a suspected case's test result returns negative.

-14 days after return to Illinois.

-Release from Quarantine letter from health dept. recommended.

During the quarantine period, active symptom monitoring (temperature check twice daily, watch for symptoms) must be completed. If your child develops symptoms of illness, his/her healthcare provider should be notified and the above guidelines must be followed.

How do I know if my child was around someone who was sick?

You will receive notification from your child's school if it is believed that there has been exposure to a person with COVID-19. School administrators and building nurses will work in conjunction with the local health department (Cook County Department of Public Health) to identify possible exposure and to determine which individuals must quarantine at home.

What is the procedure for quarantine if my child was possibly exposed to someone with COVID-19 or if we have travelled outside Illinois or the United States?

If your child has been in close contact (15 minutes or longer and within 6 feet) with a confirmed case of COVID-19 (includes siblings/family members/school contacts), if a suspected case (household member) is awaiting test results, or after travel outside the U.S.,



PARK RIDGE-NILES SCHOOL DISTRICT 64

164 South Prospect Avenue • Park Ridge, IL 60068 • (847) 318-4300 • F (847) 318-4351 • d64.org

he/she can return 14 days after the last contact with the confirmed case, when a suspected case tests negative, or 14 days after return to Illinois. During the quarantine period, active symptom monitoring (temperature check twice daily, watch for symptoms) must be completed. If your child develops symptoms of illness, his/her healthcare provider should be notified and the above guidelines must be followed.

Release from Quarantine letter from health dept. is recommended.

[Information from CDC regarding when to quarantine](#)

What steps can be taken to prevent from getting COVID-19?

Please take the time to talk to your child about everyday steps to stay healthy:

- Frequently washing hands and using hand sanitizer safely
- Avoiding close contact with people who are ill, even within the household
- Remaining 6 apart from others outside the home
- Covering nose and mouth with a cloth face cover when around others outside the home
- Sneezing/coughing into a tissue or inside of elbow
- Avoiding touching face with unwashed hands
- Helping your child identify and monitor his/her own symptoms of illness
- Teaching your child about the importance of wearing a mask
- Obtaining adequate rest and exercise and maintaining a healthy diet

[COVID-19: How to Protect Yourself and Others](#)

My child has a chronic health condition. How will care be handled at school?

During registration for the start of the 2020-21 school year, you were given the opportunity to notify us of your child's health conditions and medical needs. Nurses review the health information submitted by parents, contact them for additional details as needed, and develop an individualized healthcare plan when needed. This information will be shared with school staff on an "as needed" basis to ensure that appropriate staff are aware of the particular health concern, yet confidentiality is maintained. If you have any questions about your child's care at school, please contact the building nurse at your child's school.

If your child has complex health issues, please consult with his/her healthcare provider to determine which learning option is best (in-person learning or remote learning).

How will my child remain safe in regards to food allergies?

Please work with your school's building nurse to ensure that required forms (Allergy Action Plans and Medication Authorization Forms) are on file, and that emergency medication has



PARK RIDGE-NILES SCHOOL DISTRICT 64

164 South Prospect Avenue • Park Ridge, IL 60068 • (847) 318-4300 • F (847) 318-4351 • d64.org

been submitted. Students eating in the classroom will remain at their own desk. Students eating in cafeterias will have the same opportunity to eat in an allergen-safe area.

How will my child's learning continue in the event of an extended absence?

If your child requires absence due to illness or quarantine due to possible exposure to someone with the virus, learning will be provided remotely, with your child remaining with his/her same teacher and classmates.

How do I talk to my child about staying home from school and COVID-19?

- Find out what your child already knows by asking questions geared towards his/her developmental level.
- Remain calm, offer honesty and reassurance, and allow your child to express fears.
- If you do not know the answer to a question, use the opportunity to learn together.
- Help your child feel in control: discuss healthy habits, put news stories into context, focus on positive advances in controlling the virus.
- Keep the conversation going.

Where can I find COVID-19 testing sites?

The following locations offer testing. Please contact them directly for hours and availability. Or contact your child's healthcare provider for further information.

[Illinois Department of Public Health Testing Sites](#)
[Physician's Immediate Care Center-Park Ridge](#)
[CVS Pharmacy-Niles](#)
[Northshore Immediate Care Center-Niles](#)
[Northshore Immediate Care Center-Skokie](#)
[Physician's Immediate Care-Norridge](#)
[Innovative Corona Testing-Chicago \(results 4-8 hours\)](#)

What are the deadlines for mandated health requirements such as Child Health Examination, proof of immunizations, Dental Exams, and Kindergarten Vision Exam?

At this time, deadlines for submission of required health documents remain the same. If these should change, you will be notified. Requirements are:

Grades Preschool (first entry), Kindergarten and Sixth: Child Health Examination Form: October 15, 2020

Dental Examination for grades Kindergarten, Second and Sixth: May 15, 2021.

Kindergarten Vision Examination: October 15, 2020

More information regarding health requirements can be found here:

<https://www.d64.org/health-services/>



How have vision and hearing screening procedures changed?

Prior to the pandemic, schools conducted screenings for mandated grades/programs on a scheduled day, often coinciding with Picture Day. Due to social distancing guidelines and revised cleaning procedures, each school will now conduct screenings over an extended period of time. You will be notified ahead of time when building nurses begin the screening process. Your child is not required to undergo school vision screening if an optometrist or ophthalmologist has completed and signed a report form indicating that an examination has been administered within the previous 12 months, and that evaluation is on file in your child's health record. Please contact your building nurse if you have submitted documentation of a current examination and are requesting that your child not be screened.

What resources are available to help me talk to my child about Coronavirus?

Coming Back to School in a Bubble- Social Distancing

Coronavirus: A Book for Children

Masks and Handwashing Video

My Coronavirus Social Story

A Story about Pandemics and the Coronavirus

Handwashing

Parent Resources

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>

<https://kidshealth.org/en/parents/coronavirus-landing-page.html?ref=search>

<https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>

<https://www.smores.com/udqm2-dealing-with-covid-19>