

St. Michael School COVID-19 Guidelines 2022/2023 School Year

Dear Parent/Guardian,

Below are updated *recommendations* from the CDC and the Erie Diocese. If you feel your child needs to wear a mask at any time in school to protect his/her health, that is your personal choice. The mask mandate has been removed, but the mask recommendation is still in place.

If you child has been **exposed** to a person who has tested positive for COVID-19 the CDC *recommends* the following:

- **Recommending that instead of quarantining if your child has been exposed to COVID-19, they wear a high-quality mask for 10 days and get tested on Day 5.**
- **St. Michael School recommends monitoring your child with the Daily Wellness Checklist listed below prior to arrival at school. If your child is exhibiting symptoms listed, please keep them at home and call the school office.**

Daily Wellness Checklist	
Fever (100.4 or Higher) Cough Shortness of Breath Difficulty Breathing New olfactory disorder: a loss in the ability to smell or a change in the way odors are perceived. New taste disorder: a loss in the ability to taste or a distorted perception of flavor.	Chills Rigors: sudden chills or shivering accompanied by a rise in temperature, often with sweating. Myalgia: muscle aches or pain Headache Sore throat Nausea or vomiting Diarrhea Fatigue Congestion or runny nose

Please call the office at any time for questions/concerns or to update us on how your family is doing.

St. Michael School COVID-19 Guidelines for Positive COVID-19

Staff or Students who test **positive for COVID-19**, the CDC *recommends* the following:

- **Isolate at home for 5 days. Wear a high-quality mask when you must be around others.**
- **If after 5 days you are fever-free for 24hrs without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.**
- **Recommendation of wearing a high-quality mask through day 10.**
- **Retest for COVID-19 on Day 6 and/or Day 8. If negative, then you can remove your mask sooner than Day 10. If you continue to test positive, then continue wearing your mask for the full 10 days.**

St. Michael School NON-COVID-19 Guidelines 2022/2023 School Year

Dear Parent/Guardian,

This letter serves as a reminder to please keep your child home from school when he/she is experiencing symptoms of illness in order to minimize the spread of infection within the school. To decide whether or not to send your child to school, please consider the following guidelines:

Consider keeping your child at home for an extra day of rest and observation if he or she has any of the following symptoms:

- Very stuffy or runny nose and/or cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Stomach ache

Definitely keep your child at home for treatment and observation if he or she has any of these symptoms:

- Fever greater than 100 degrees (**A child who has a fever should remain at home until "fever free" for a minimum of 24 hours without fever-reducing medication**)
- Vomiting and/or diarrhea in the past 24 hours
- Chills
- A very sore throat
- General malaise or feelings of fatigue, discomfort, weakness or muscle aches
- A persistent cough
- A reddened, itch eye with matter or drainage

To help prevent the spread of illness, teach your children good hygiene habits:

- Wash hands frequently
- Do not touch eyes, nose or mouth
- Cover mouth and nose when sneezing or coughing; use a paper tissue, throw it away and then wash hands
- Avoid close contact with people who are sick

Colds and flus are the most contagious during the first 48 hours. **A child who has a fever should remain at home until "fever free" for a minimum of 24 hours without fever-reducing medication.** Often when a child awakens with vague complaints (the way colds and flu begin), it is wise to observe your child at home for an hour or two before deciding whether or not to send your child to school. Your child should be physically able to participate in all school activities on return to school.

Thank you for your cooperation and understanding. Keeping a sick child at home will minimize the spread of infections and viruses in the classroom and help to keep classmates and school staff safe and healthy.

Revised and Effective: August 30, 2022