



WELCOME BACK!

Greetings from the GISU Health Office!

My name is Emily Douseivcz, RN aka **NURSE EMILY**. I am the District School Nurse for all of GISU. I will be at North Hero School on Tuesday mornings and all day on Thursdays. If you need to reach me, please email me at edousevicz@gisu.org or contact North Hero School.

The entire district team has been working very hard to ensure the health & safety of our community. We are really excited to have students back at school, in-person. I know things are going to look and feel a little different this year. Here are a few quick reminders about our health screenings, travel, and COVID-19 symptoms & a copy of the [GISU Exclusion Guidelines](#). On the back of this welcome is a brief outline of a few general scenarios of COVID-19 response.

Daily Health Screenings:

Thank you for your patience with our new Daily Health Screening process! While we are screening your child upon entry to school, we also hope you are checking in with your child each morning to confirm they are feeling well and are symptom free. In an effort for our schools to remain open for in-person instruction, it is critical for families to monitor the health of their children and keep them home if they feel unwell. Thank you for doing your part to keep our community healthy.

COVID-19 Symptoms include: Fever, cough, shortness of breath, sore throat, congestion or runny nose, loss of taste or smell, chills, nausea, vomiting, diarrhea, fatigue, muscle or body aches, or headache.

Travel Reminder:

Families who have vacationed or traveled outside of the State of Vermont **MUST** follow ACCD and Health Department guidance around quarantine before returning to school; which includes travel out-of-state at any point during the school year. Please review the cross state travel map to determine quarantine requirements based on the area you visited. This map is updated weekly on Fridays and is populated with raw data from Johns Hopkins University. More information is available on the [Vermont Department of Health's COVID-19 travel site](#).

Once again, I am thrilled to see all of your wonderful children in-person. If you have any questions, please do not hesitate to contact me.

Be well and stay healthy!

Nurse Emily

COVID-19 Symptoms & Positive Cases

The Vermont Department of Health and the University of Vermont Children's Hospital have created various tools to help guide schools, families and medical providers to triage, evaluate, test students to ensure children are able to return to school as soon as possible under the guidelines.

Scenario #1:

What if a child is sick at school?

A student feels unwell in a classroom. ⇒ The teacher notifies the health office. ⇒ The student is assessed by the health assistant or district nurse. ⇒ If the student is experiencing COVID-19 symptoms, they are brought to the school's isolation space until a parent/guardian can pick up the student. ⇒ The school health office will advise the family to consult their primary care physician who may recommend a COVID-19 test.

- The primary care physician evaluates the child and determines the COVID-19 test is not necessary. The child may return to school with a note from the primary care physician and 24 after symptoms have resolved or are improving.

COVID-19 TEST RESULTS:

- **TEST IS NEGATIVE** If the test is negative and there has been no exposure to a known COVID-19 positive patient or high risk travel, the student can return to school when their symptoms have improved and they have been fever-free for at least 24 hours without the use of fever reducing medication.
- **TEST IS POSITIVE** If the test is positive, please notify the school health office. The student can return to school after 10 days have passed since the symptoms first appeared and they have been fever-free for at least 24 hours without the use of fever reducing medication.

Scenario #2:

What if my child wakes up with ONE of the COVID-19 symptoms?

My child woke up with only ONE of the symptoms listed: cough, shortness of breath, sore throat, runny nose, diarrhea, fatigue, muscle aches, headache, or a fever greater than 100.4 F (lasting less than 24 hours and resolves without the use of fever-reducing medication). ⇒ Based on the VDH and UVM Children's Hospital Flowchart, the child should STAY HOME and you should notify your school's health office of their symptom(s). ⇒ The child may return to school 24 hours after the symptom improves or resolves, or a provider note is obtained.

Scenario #3:

What if my child has one of the high-risk symptoms of COVID-19 including a FEVER (100.4F) and a Cough/Shortness of breath and/or a runny nose? Or Cough/Shortness of Breath without a fever? Or Loss of Taste or Smell without a fever?

Based on the VDH and UVM Children's Hospital Flowchart, the child should STAY HOME and the school health office should be notified of their symptoms. The family should contact their primary care physician to arrange for a COVID-19 test. See above for COVID-19 POSITIVE and NEGATIVE test results.

Scenario #4:

What if my child has a FEVER (100.4) with one of the following symptoms: sore throat, diarrhea, muscle aches, headache, fatigue? OR A fever alone that persists for more than 24 hours?

Based on the VDH and UVM Children's Hospital Flowchart, the child should STAY HOME and the school health office should be notified of their symptoms. The family should contact their primary care physician to determine if there is a need for a COVID-19 test.

- They can return to school when it is decided **not to test and an alternative diagnosis has been made** (ie: strep throat) AND when their symptoms have improved and they have been fever free for 24 hours without the use of fever reducing medication. The family will bring the Pediatric COVID-19 Communication to School or the medical provider will fax a copy of this form to school.
- If it was decided **not to test and NO alternative diagnosis has been made**, they can return to school when their symptoms have improved, it has been at least 10 days since their symptoms first appeared and they have been fever-free for at least 24 hours without the use of fever reducing medication.
- If a COVID-19 test is recommended see above for COVID-19 POSITIVE and NEGATIVE test results.

Please note: in the event one child is unwell and another is feeling fine, the child who is well may attend school. Please follow up with the school health office regarding the unwell child.