



▶ Wash and sanitize your hands!



▶ Maintain Social Distancing!



▶ Wear your mask!

Year 2020-2021
October

Notes from the Nurse

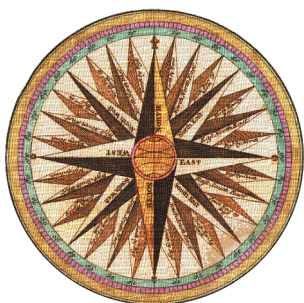
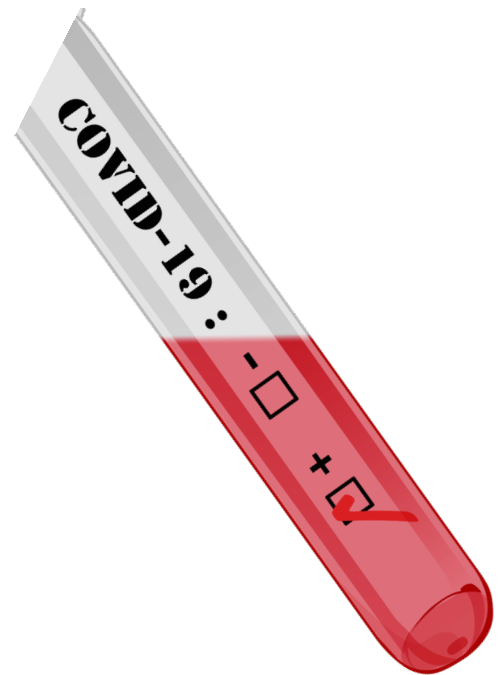
By Lara Beranek, RN

POSITIVE COVID-19 TEST

WHAT TO DO IF YOU GET A POSITIVE COVID TEST

Please alert the school if anyone in your household tests positive for COVID. At this time, the health department is dealing with so many cases that they may not be able to contact the school for a few days. If you let us know, we can call them and get the process of identifying close contacts underway sooner. *(Schools are assisting the county in identifying close contacts within the school system only; the health department would contact you to determine other*

close contacts along with isolation and quarantine periods.) Those who test positive must stay home and isolate, if possible, from the rest of the household. **Everyone else in a household is automatically considered a close contact and will need to stay home from school and ALL activities;** the health department will help you determine how long you need to be home.



PLEASE BE KIND AND UNDERSTANDING

It is hard to be the one whose positive test result leads to others having to quarantine. Remember to respect the confidentiality of a positive case if you know their identity. Avoid the rumor mill. Be compassionate and treat others as you would like to be treated if you were in their situation.



SIBLING/ HOUSEHOLD EXCLUSION

WHAT HAPPENS WHEN ONE OF YOUR CHILDREN GET SICK AT SCHOOL

Due to the very high number of positive cases in Marathon County, we have been asked to institute the Sibling/Household Exclusion rule. What this means is that if one student in a household has symptoms that could potentially be COVID, all siblings and household members who attend or work at school must also go home or stay home from school. If the ill person is tested for COVID and has negative

results, everyone may return to school as long as they don't have symptoms. If the ill person is NOT tested, then they must isolate for 10 days starting the day after symptoms began, and the other household members must quarantine for 14 days *after* that (yes, up to 24 days). If you need a copy of the explanation of the Sibling/Household Exclusion rule, please let us know.

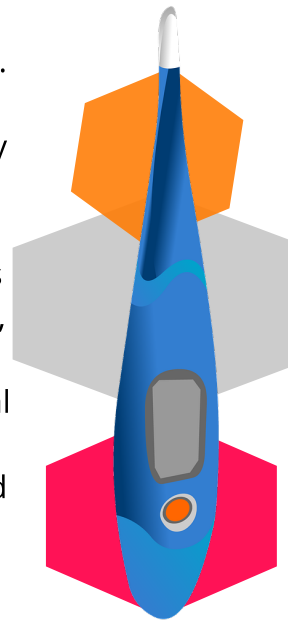
What if I get a negative test and my child gets sick again?

Unfortunately, new symptoms need to be considered as a new illness. Yes, that means your child may need to be tested more than once this school year. I have known a person to test negative, develop new or worsening symptoms a few days later, test again, and have a positive test.

WHAT TO DO IF YOUR CHILD HAS SYMPTOMS

If your child has symptoms that could potentially be COVID, keep them out of school (also see sibling/household exclusion rule). Call your child's doctor or one of the COVID Hotlines for getting your child tested. Your child (also see sibling/household exclusion rule) must stay home until their test results are back. If results are negative, and no other household members have symptoms, they may return to school. *Proof of negative results is required**; a paper copy or screenshot/email of electronic copy is acceptable. You may also receive a different

diagnosis that explains the symptoms. With a note* from the doctor, the student and household members may then return to school. If you choose *not* to have your child tested, they must remain out of school for 10 days *starting the day after* symptoms began, and be feeling well. Household members would stay out an additional 14 days. If you still aren't sure what to do, call the health office at school, and we can help guide you.



***Any doctor's notes or test results should be turned in to the main office or to the health office. MAES/MVA: Mrs. Hall, health aide; dhall@marathon.k12.wi.us; Elementary Fax 715-443-2230 MHS: Ms. Her, health aide; kher@marathon.k12.wi.us; HS Fax 715-443-2611**

BEING A CLOSE CONTACT

With as many positive cases as we are seeing, we are also seeing many students identified as “close contacts”. If a person is a close contact, they must be quarantined (stay home and away from others) for 14 days from their last contact with the person who tested positive. Even if your child is tested for COVID during that time and is negative, *quarantine will not be shortened*. The reason is that the virus which causes COVID has an incubation period of up to 14 days. That means you can develop symptoms from 2 to 14 days after you

were exposed to the virus. For example, you could test negative on day 7 of quarantine and still develop symptoms of COVID on any day from day 8 to day 14. It is very important that close contacts follow quarantine guidelines if we are going to slow the spread of this virus and keep our kids in school.

Symptoms of COVID-19

Any One Major Symptom

- Cough-new or worsening
- Temperature of 100 or above
- Diarrhea or vomiting
- New loss of taste or smell

Any Two Minor Symptoms

- Chills/ shivering
- Headache
- Muscle pain
- Nausea
- Sore throat
- Runny Nose/congestion
- Unusual fatigue