

## Notes from the Health Room

Welcome to the 20/2021 school year! What a ride we have been through this summer! The nursing team has shuffled around buildings and have been collaborating throughout the summer to help aid in the safest return for children to school. All health rooms this year have undergone major renovations to meet the health and safety standards according to the CDC and Department of Health. Walls have been built, ventilation systems installed, and there is a large increase in the use of technology through telehealth and thermoscan thermometers. With procedures and policies in place, I have no doubt that the safety and health of children and staff are top-notch for the safest return to school. The fluid change from the CDC on symptoms for COVID-19 are being monitored closely and will be updated daily in the buildings. I wanted to share with you the most recent update from 8/18/2020 in regards to symptoms in which our nurses will be sending students home. Once a child is sent home, he/she will need to be symptom free for 24 hours or more, or it may be suggested that he/she obtain a COVID-19 test or medical note for return to school. The chart below outlines these symptoms. **As always, it is best to keep your child at home if there is any thought to illness or not feeling well.** We will be erring on the side of caution and strictly following this chart.

### Stay-At-Home-Symptoms

\*If your child is experiencing 1 or more symptoms from Group A or 2 or more symptoms from Group B, **please keep them home.**

<b>GROUP A</b> 1 or more symptoms (stay home)	<b>Group B</b> 2 or more symptoms (stay home)
<ul style="list-style-type: none"> <li>- Cough*</li> <li>- Shortness of Breath</li> <li>- Difficulty Breathing</li> <li>- New loss of taste</li> <li>- New loss of smell</li> </ul>	<ul style="list-style-type: none"> <li>- Fever (100.4 or higher)**</li> <li>- Chills</li> <li>- Sudden chills and sweating</li> <li>- Muscle pain</li> <li>- Headache</li> <li>- Sore throat</li> <li>- Diarrhea**</li> <li>- Nausea or vomiting**</li> <li>- Fatigue or tiredness</li> <li>- Runny nose/congestion</li> </ul>

\*Some children, such as those with asthma, may cough normally. A child should stay home if they have a new or different cough.

\*\*As always, if your child has a fever (100.4 or higher), vomiting or diarrhea, we recommend keeping them home from school. These can be symptoms of COVID-19, but can also be caused by other common illnesses that children can spread at school.

(Information taken from 8/18/2020 guidance  
of symptoms from Penn Medicine and CDC)

### Telehealth

Beginning this year, Certified School Nurses will be offering open telehealth office hours for all parents, including parents of children in hybrid learning and Manheim Township's Virtual Academy. Listed below is the information for reaching a nurse, during school hours, if needed.

This time is open for education, guidance through symptoms, telehealth and direction for when to seek treatment or care, questions regarding immunizations, and much more.

Join Zoom Meeting

<https://mtwp.zoom.us/j/92591498683?pwd=UStOVHFKcHNFNFsaDZodHJnbTJSZz09>

Meeting ID: 925 9149 8683

Password: 816775

### **Temperature Monitoring**

As parents and guardians, we are requesting that you take your child's temperature prior to the start of school. This should be done before getting on the bus. If their temperature is greater than 100.4 or they are not feeling well, please keep them home. If you do not have a thermometer at home, please reach out to your building's school nurse and she will obtain a thermometer for your home.

### **Immunizations**

Enrollment is still happening throughout the district. If your child is enrolling, please provide proof of immunizations. While the standards have changed for the timeliness of immunizations, it is important that especially during this time, your child is fully vaccinated. The nurse in your building will reach out to you if vaccinations are missing or incomplete. We can then work with you to have these completed in a timely manner.

### **Picking Up A Sick Child From School**

Health room dismissal of sick children may look a little different this year. When the nurse telephones home and requests that your child be picked up, please do so in a timely manner (less than 1 hour). It is imperative that the child be home and the health room disinfected appropriately before caring for other ill children. When the nurse telephones home, she will provide you with specific instruction on where to pick up your child. This will look different in each building to ensure the quickest exit route for your child.

To close, I wish everyone the healthiest school year. I am here for you should you have any questions or concerns regarding COVID-19, policies or health of your child. Please do not hesitate to reach out to me at any time. With your support, we can limit the spread of infection and safely care for not only our children but also the staff and community at large.

Jacqueline Phillips

Reidenbaugh Elementary: 717-735-1532

Neff Elementary: 717-569-8502

Schaeffer Elementary: 717-392-6797