

COVID-19 Katonah-Lewisboro School District Guidelines:



Symptoms:

These may appear 2-14 days after exposure to the virus and can indicate possible COVID-19 diagnosis.

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Common Questions:

Q: My student has one symptom. Should I keep them home? When can they return to school?

A: **Yes**, keep your student home, even for one symptom. If your student has a single symptom lasting less than 24hrs, your child is required to stay home for an additional 24-hrs symptom-free and can return on the 3rd day without the need for a physician's note. Please alert the school why you are keeping your child home for the day. If the one symptom lasts >24hrs a physician note is required for the child to return to school.

Q: My student has more than one symptom of COVID-19. When can they return to school, and what are the criteria?

A: If your child has multiple symptoms of COVID-19 or one symptom lasting greater than 24hrs, your student **must be seen by a physician**, and a note

allowing your student to return must be sent to the health office prior to your students return.

Q: When am I considered a close contact?

A: For COVID-19, a close contact is anyone who was within 6 feet of an infected person for at least 15 minutes. An infected person can spread COVID-19 starting 48 hours (or two days) before the person has any symptoms or tests positive for COVID-19.

Q: What if I am wearing a mask when I was around someone diagnosed with COVID-19? Am I a contact?

A: **Yes**, you are still considered a close contact even if you were wearing a mask while you were around someone with COVID-19. Masks are meant to protect other people if you are infected and not to protect you from becoming infected.

Q: I was in close contact. Do I need to get tested, do I have to quarantine, and if my results are negative, do I have to remain in quarantine?

A: If you have been in close contact with someone who has COVID-19, you should be tested, even if you do not have symptoms of COVID-19. The health department may be able to provide resources for testing in your area. If your test is positive, you should continue to stay home and [self-isolate](#) away from others and monitor your health. If you have symptoms of COVID-19, and they worsen or become severe, you should seek emergency medical care. If your test is negative and you don't have symptoms, you **must** continue to stay home and [self-quarantine](#) away from others for 14 days after your last exposure to COVID-19 and follow all recommendations from the health department. **This is important because symptoms can appear up to 14 days after being exposed and infected.**

Q: What if I have been around someone who is not positive but was in close contact with someone who is?

A: If you have been around someone who was identified as a close contact to a person with COVID-19, closely monitor yourself for any [symptoms of COVID-19](#). You do not need to self-quarantine unless you develop symptoms or if the person identified as a close contact develops COVID-19.

Q: Myself or someone in our household is getting tested for COVID-19. Can my student still attend school?

A: If your student was not a close contact with someone diagnosed positive for COVID-19, and they do not have any symptoms, they can still come to school. If the household member comes back positive and your student was in contact with them, then they are not permitted to return to school the following day and will be asked to be picked up if the tests come back while they are at school. This then means they are a close contact and must quarantine 14 days as explained above.

Q: Which COVID-19 test results are acceptable?

A: NYSDOH has notified all health professionals that an Antigen test (Rapid test) which is *positive* is acceptable. However, a *negative* Antigen test (Rapid test), must be supported by a PCR (Molecular test) to rule/out positivity.

Q: We are traveling, upon return does my student have to quarantine?

A: **Yes**, if you are traveling to a restricted destination then a 14-day quarantine is required. Refer to this advisory from the NYSDOH: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>

Thank you for your help. We need to work together to keep our community and students safe.

Feel free to contact the nurse's office at your students' school with questions.

Sincerely KLSN Nurses,

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Information sourced by; Dr. Lewis A. Corsaro MD, FAAP; the CDC and the NYSDOH

“Coronavirus (COVID-19) Frequently Asked Questions.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 18 Sept. 2020, www.cdc.gov/coronavirus/2019-ncov/faq.html