



22-23 HEALTH HANDBOOK COVID-19

Please note that information in this document is current at the time of this writing 7/14/22, but changes are expected throughout the school year. The school nursing team will have the most current guidelines/requirements.

District 105's Health Policies for Covid 19 are guided by the Illinois Dept. of Public Health, Illinois State Board of Education's Joint Guidance for COVID-19 Prevention in Schools, and the Center for Disease Control's Operational Strategies for Pre-K through Grade 12. District 105 will follow the primary CDC recommendations listed below to prevent the spread of infectious disease, including the virus that causes COVID-19.

- 1) Promote staying up to date with all routine vaccinations**
- 2) Implement policies that encourage students and staff to stay home when sick**
- 3) Use Covid Testing (opt-in Shield and BinaxNOW) to promptly identify negative individuals, positive cases, clusters, and outbreaks**
- 4) Optimize ventilation systems**
- 5) Reinforce proper hand hygiene and respiratory etiquette**
- 6) Utilize proper cleaning and disinfection procedures**

The district will communicate diagnoses/exposures in a manner consistent with recommendations of the Cook County Department of Public Health and applicable privacy laws to protect the privacy/confidentiality of the affected individual(s)/families while also providing necessary information to our school community. Communication will be handled on a case-by-case basis.

1) Vaccine Information

The CDC school guidance notes that achieving high levels of COVID-19 vaccination among eligible students as well as teachers, staff, and household members is one of the most critical strategies to help schools safely resume full operations. COVID-19 vaccines are available and optional for all individuals 6 mos of age and older. ***There are different requirements for each age group depending on the type of vaccination your child has.***

Your child is considered up to date if:

- They have completed the primary series but are not yet eligible for a booster
- They have received 1 booster but are not recommended to get a 2nd booster
- They have received 1 booster but are not yet eligible for a 2nd booster



Please refer to link below to find out whether your student is up to date based on their age and type of vaccination

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html#when-you-can-get-booster>

For more information about the COVID-19 vaccine for children, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq-children.html> or the American Academy of Pediatrics:

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/The-Science-Behind-the-COVID-19-Vaccine-Parent-FAQs.aspx>

Additional Vaccine Resources:

- Cook County Health is offering everyone age 6 mos + the COVID-19 vaccine free of charge at vaccination sites across the suburbs:
<https://vaccine.cookcountyil.gov/> or 833-308-1988
- Pharmacies: There are over 1,000 pharmacies across the state administering COVID-19 vaccine. Families can search <https://www.vaccines.gov/search/>
- Hospital or Primary Care Provider: Many Illinois hospitals, primary care providers, and pediatrician offices are providing COVID-19 vaccines. You can reach out to your child's primary care provider to see if they have appointments available.
- Federally Qualified Health Centers (FQHCs): FQHCs are community-based care providers that provide primary care services in underserved areas. You can visit [FQHCs and LALs by State](#) to see if they have available appointments for your child. Services are offered on a sliding payment scale.

If available, please submit records of vaccination for primary series and any boosters to covid19@d105.net

2) Covid Symptoms

Symptom list and return to school requirements below are current as of 6/27/22 but may be updated by the Illinois Department of Public Health (IDPH). **Do not send students to school if they have any of the COVID-19 symptoms listed below.** Students may return to school once symptoms are improving and they have had a NEGATIVE Covid test. *At home tests are acceptable.*

- Fever (100.4 F or higher).
 - Never give medication to reduce the fever and then send the student to school.
- New onset of moderate to severe headache



- Shortness of breath
- New cough
- Sore throat
- Vomiting
- Diarrhea
- New loss of taste or smell
- Fatigue from an unknown cause
- Muscle or body aches from an unknown cause

*New means that the symptom is not caused by a condition the student has already been diagnosed with such as allergies or migraine headaches. If the symptom is consistent with the student's diagnosed condition in type of symptom(s) and severity, it would not be considered new.

Current IDPH requirements for Return to In Person Learning after symptoms:

- Improvement of symptoms (24 hours with no fever, without fever-reducing medication, vomiting and diarrhea have ceased for 24 hours) **AND** with a Negative COVID-19 test result: a negative RT-PCR, rapid molecular (rapid PCR), or negative antigen (including home tests) test is acceptable. **(PCR) testing/confirmation or serial antigen (2 test 24 hours apart) is recommended if the staff/student is a close contact to a confirmed case, the school is experiencing an outbreak, or the local health department is recommending due to high Community Levels.**

OR

- A medical note from a healthcare provider stating that there is no clinical suspicion of COVID-19 and providing another diagnosis that is causing the symptom(s).

OR

- If not tested - isolate at home for at least five 5 calendar days from onset of symptoms; **If a student is home for three days with COVID symptoms and has not tested positive, a written excuse from a physician will be requested.** May return if 24 hours with no fever (without fever-reducing medication), vomiting and diarrhea have ceased for 24 hours, AND improvement of symptoms AND consistent masking upon return through day 10.

Use only our covid19@d105.net email address to send ANY and ALL COVID-19 related items to. Please include your/your student's name and school in the subject line.

Items include:

- All clearance documents for return to school:
 - o Test results
 - o Healthcare provider notes
- COVID-19 related questions



COVID-19 vaccination records

All nurses will have access to this account throughout the school day. If we have staffing available after hours, these team members will also be able to access this.

When Students Become Ill At School

- Ill students will be referred to the school nurse's office for evaluation.
- Students with any symptoms of COVID-19 (not attributed to a pre-existing condition) can be tested for COVID in the Nurse's Office. Parental Consent must be obtained.
 - If consent is not already on file, parents will be called to obtain consent.
 - If test is Positive - parents will be notified and must immediately pick their child up from school. Parents will be given instruction based on the Return to In-person learning guidance for Covid positive individuals
 - If test is Negative - the student can remain in school based on D105 Health/Attendance policy and School Nurse's Discretion.
- Nurses will coordinate with custodial staff to ensure areas used by the ill individual are cleaned and disinfected.
- **Make sure parent and emergency contact numbers and email addresses are always up to date in your school's office and that you have plans in place to quickly pick up or arrange for pick up of your student in the event that he/she becomes ill or has an exposure to COVID-19 at school.** Have child care plans and back up plans in place in case students need to be out of school for longer periods such as 10.

3) COVID-19 Testing/Screening Programs and Positive Cases

LaGrange School District #105 is pleased to offer voluntary COVID-19 screening and testing options for families and staff. All testing options are open to all (unvaccinated and vaccinated).

- District 105 will accept a verbal or written confirmation from parents/guardians that a negative test was obtained (including home tests) on the day symptoms are present
- SHIELD Illinois-weekly saliva-based screening for students and staff who wish to participate. Testing will be available at each building once per week.
- BinaxNOW rapid antigen test for students who develop COVID-19 like symptoms during the school day.



All families/staff members need to sign a consent form prior to participating in any of the school testing options.

Positive Diagnostic test (PCR, Antigen, Shield) should:

- isolate for at least five calendar days from onset of symptoms or positive test result (whichever comes first)
- return after the five calendar days AND if 24 hours with no fever (without fever-reducing medication), diarrhea and vomiting ceased for 24 hours AND improvement of symptoms
- consistent masking upon return through day 10
- If unable to mask, isolate for 10 days.

Close Contacts

- Close Contacts are persons ***not*** up to date with COVID-19 vaccination who were within 6 feet (3ft if masked) of an infected person for a cumulative total of 15 minutes or more in a 24 hour period.
- Close contacts with confirmed COVID-19 (lab or home test) in the past 90 days are exempt from isolation and quarantine.
- **Unvaccinated** Close Contacts should:
 - quarantine for five days consistent with CDC guidance and mask for 5 additional days, or 10 days if unable to mask.

OR

- Participate in Test To Stay Protocol
- For those up to date with COVID-19 vaccination, masks are recommended for 10 days after exposure as well as **Testing 5-7 days after last exposure**



- Date of last exposure is always day 0.

Ventilation

- All District 105 school buildings have ventilation and control systems which are designed to filter, circulate, and condition the air automatically, and are designed to meet all codes and regulations.
- In addition, room air filters/purifiers will continue to be placed in rooms to supplement the existing system.
- If there is a problem with the classroom HVAC system, or the temperature/humidity of the classroom appears to be outside of normal conditions, teacher/staff will inform administration, to have this resolved.

4) Hand Hygiene and Respiratory Etiquette

Proper hand washing techniques will be taught to all individuals, reinforced, and practiced. Students will be directed to regularly wash their hands and/or use hand sanitizer throughout the school day. When practical, students will use classroom sinks or hand sanitizer stations within each classroom. When bathrooms are used for handwashing, the number of students will be monitored, to the extent possible, to support the ability to safely socially distance. Illness prevention and health promotion messages and signs will be communicated and posted throughout the school.

The Centers for Disease Control and Prevention (CDC) recommends using [COVID-19 Community Levels](#) to determine which COVID-19 prevention strategies are needed, including masking, to reduce medically significant disease and preserve healthcare capacity. At low and medium COVID-19 Community Levels, CDC states that masking should be optional. When the COVID-19 Community Level is high, CDC *recommends* universal indoor masking in schools and ECE programs and other community settings. KN-95 masks will be available for staff and students who prefer to use one.

5) Cleaning and Disinfection Procedures

District 105 increased Cleaning protocols will remain in place.



School District 105
Countryside • Hodgkins • La Grange
701 S. Seventh Ave.
La Grange IL 60525-2798

Phone: (708) 482-2700
Fax: (708) 482-2727
Website: www.d105.net