

It A Healthy Start to the 2022-23 School Year

With the new school year, we want to share some guidance around illnesses, including COVID-19. The school nurses will continue to work closely with our local and state health departments to monitor and respond to illness trends. Together, we can all help make sure the 2022-23 school year gets off to a healthy start.

Please follow these general steps to help keep our schools healthy during 2022-23:

General Illness Guidance

- Stay home when sick.
- Individuals should remain home until symptoms are improved.
- Individuals must be free from fever, diarrhea, or vomiting for 24 hours.
- Notify the school nurse with significant health needs, concerns, or questions.

COVID-19

- Everyone should be aware that exposure to the COVID-19 virus could happen at any time and any place, and monitor for symptoms accordingly. Symptoms include:

Fever or chills	Headache
Cough	New loss of taste or smell
Shortness of breath/difficulty breathing	Sore throat
Fatigue	Congestion/runny nose
Muscle or body aches	Nausea/vomiting/diarrhea
- Monitor our community level, understand exposure risks and utilize the available tools:
 - For those at risk for getting very sick or when community levels are high, consider optional mask use in crowded indoor spaces.
 - Keep a supply of rapid tests at home for use when sick or exposed.
 - Talk with your healthcare provider about treatment options if you test positive and have risk factors.
 - Remain up to date on COVID-19 vaccinations.
- If symptoms develop, get tested and if positive, stay home. Notify your school nurse.
- Follow CDC and IDPH guidance. Positive cases must stay home and isolate for 5 days from onset of symptoms. Wear a mask if you must be around household members.
 - After 5 days, if fever-free for 24 hours and symptoms improved, a positive case may return to school but must wear a mask for an additional 5 days. Mask may be taken down to eat lunch but must be replaced as soon as done eating.
 - Duration of mask use after home isolation may be shortened if two rapid home tests taken 48 hours apart are negative. Contact your school nurse to discuss this option.
 - Individuals unable or unwilling to mask through day 10 must stay home. Contact your school nurse.

Please report any positive cases to your student's school nurse and she will help determine dates for isolation and return to school. School nurses will also notify teaching staff so arrangements can be made for classwork during period of home isolation. If you have any questions please talk with your healthcare provider or the school nurse. It is important to us and to our families that students and staff are healthy

and can be in school as much as possible. Thank you for doing your part to make Williamsburg Schools a safe and healthy place for all Raiders.