

Health Office Info 2021-2022

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The Basics...



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- I follow up on all absences. Parents must call student out by **8:30 am**.
A reason for the absence must be given by parent. A doctor's note is required for an absence to be excused.
- A student with more than 8 unexcused absences may lose credit for that course
- If your child does not feel well during the day, please encourage them to come see me ASAP.
- Although early dismissals are discouraged, if you have one scheduled, a parent must call or email ahead of time (24 hours, if possible). Students must be signed out.
- As usual, students may not possess or take **ANY** medications in school.
The only thing allowed is an inhaler for asthma, as long as I have the correct paperwork on file from doctor. All other medications can only be given by me with proper paperwork on file.

(Even Tylenol and Advil)

- If your daughter is sick, she may not return to school until she is fever free for 24 hrs (without the use of fever-reducing medicine such as Tylenol or Advil) and has no vomiting or diarrhea for 24 hrs.

(Covid-19 exclusion will be explained in more detail)

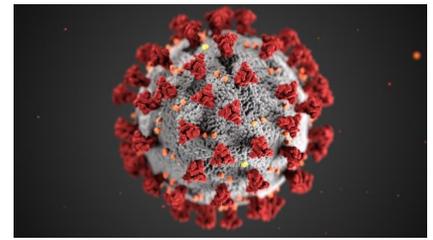
- Students may not leave school for any reason without seeing me and/or a member of the administration.
- In the event of an emergency, students are to see a member of the administration or faculty to contact home for them.
- Please update me on any new health problems, medications, allergies, surgeries, vaccinations, so I can update medical record.
- Felician University nursing students will be observing me for their clinicals 2-3 days a week. They will be working on health pamphlets and posters for our students and staff. Topics needed...



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Covid-19 (Not going away yet)...



Key Takeaways:

***STAY HOME IF SICK!

***VACCINATION IS THE #1 WAY OUT OF THIS PANDEMIC!

- Sars CoV-2 is the virus that causes the disease Covid-19. It is now known that it is spread primarily through close person to person contact where respiratory droplets are shared.
- Last year *in-school* transmission...”just about” zero.
- Vaccinated individuals can still be infected, although it will most likely be very mild. Vaccines are extremely effective in **preventing severe illness and death**. However, if a vaccinated person spreads the virus to a high risk unvaccinated person, that individual could still become quite ill.

Covid-19 review...

- The **infectious period** (time when you can spread the virus to another person) for Covid-19 begins 2 days before symptoms begin. The infectious period ends 10 days from onset of symptoms, **AND** when symptoms are improving **AND** when fever free for 24 hrs.
- You are most infectious on the day symptoms first appear, which shows why it is so important to **STAY HOME** if not feeling well.
- The **incubation period** (the time it takes from time of infection to onset of symptoms) for Covid-19 is 2-14 days. Most people will show symptoms in 5 days.



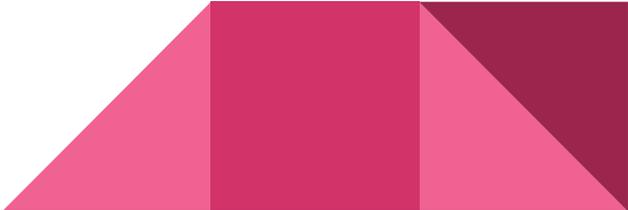
Isolation vs Quarantine...

- **ISOLATION:** Is for those who test positive for Covid-19. The **isolation period**, when you need to stay away from others because you are contagious, is **10 days** from symptom onset or **10 days** from a positive test result if you are asymptomatic.
- **QUARANTINE:** Is for people who have come in close contact with an individual who has tested positive for Covid-19. “Close contact” is currently defined as being within 6 ft of a positive case for more than 15 minutes in a 24 hour period.

Vaccinated individuals that are a “close contact” **do not** need to quarantine as long as they have no symptoms. They should still watch for symptoms.

Unvaccinated individuals that are a “close contact” **MUST** quarantine for 14 days after last exposure. If the community transmission rates are Green or Yellow (low or moderate) the length of quarantine may be decreased to 7 days with a negative PCR test at day 5 or 10 days with no testing. We are currently at Yellow in North Jersey.

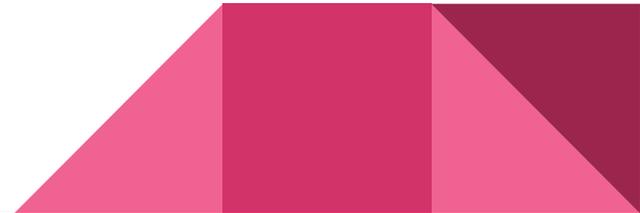
All will be made aware if we have a positive case in the building.



Quarantines...

New: A student does not need to quarantine if both the infected student and exposed student were both in well-fitted masks, *worn correctly*, the entire time.

- ***Remote learning is **only** available for those quarantined due to exposure or those who must be in isolation. ***
- Travel quarantines are still in effect for unvaccinated students and staff. If you travel outside the NJ/NY/CT/PA/DE area you must quarantine for 10 days with no test, 7 with a negative PCR test at day 5. You must take unexcused absences for quarantined days as you will not be permitted to go remote for travel. If these recommendations change, we will let you know.



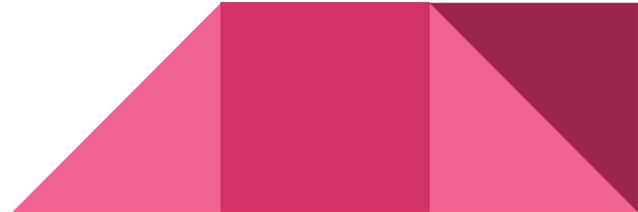
If a student is diagnosed with Covid-19...

When can you return to school after a Covid-19 infection?

- 10 days from symptom onset (or positive test date, if no symptoms), **AND**
- No fever for 24 hours, **AND**
- Improving symptoms

**You do not need to be re-tested and show a negative test before return. It is possible to test positive for a few weeks or even months and not be contagious anymore. **

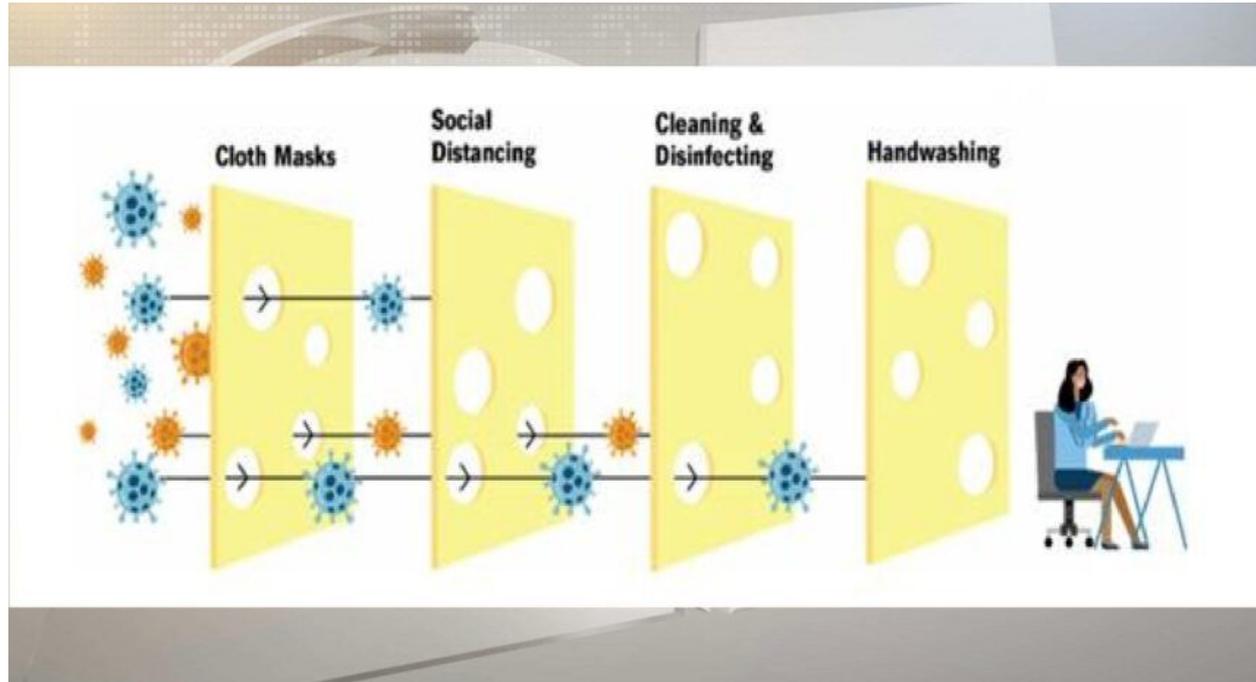
Medical clearance is required for participation in sports after a Covid-19 infection.



What we are doing...

The same as last year, we will use a **layered** approach to our mitigation strategies.

The Swiss Cheese Model helps to explain why we need many strategies.



Layered prevention (Swiss Cheese Model) at IC...

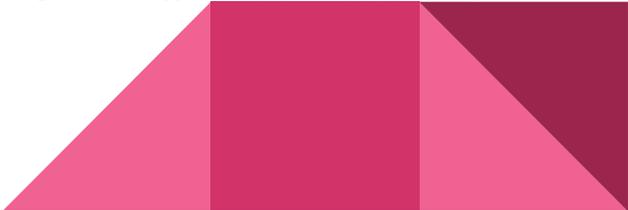
- Staying home when sick
 - Screening (to be done at home this year)
 - Handwashing
 - Encouraging vaccination for Covid-19, if eligible
 - Respiratory etiquette (covering coughs/sneezes)
 - Masking for all while indoors or outdoors in large groups
 - Distancing 3 feet where possible
 - Cleaning/Disinfecting as usual
 - Ventilation (open windows when we can, go outdoors when possible)
 - Testing (For any symptomatic students or staff , and weekly for unvaccinated staff)
 - If a student needs to be tested for symptoms,
stay home until you receive the results.
- 

Screening...

PRIOR TO COMING TO SCHOOL : All faculty, staff, and students must conduct a personal health check from the Daily Symptom Checklist Below (Covid-19 Daily Pre-Screening Questions):

- Do you have a Fever (100.4 or higher)?
- Do you have a Cough and/or Shortness of Breath?
- Do you have a Sore Throat?
- Do you have Chills?
- Do you have a Muscle Aches or Rigors?
- Do you have a Headache?
- Do you have New Loss of Taste or Smell?
- Do you have Abdominal Pain, Nausea, Vomiting, or Diarrhea?
- Have you had Contact with someone who has been diagnosed with COVID-19?
- Have you been Diagnosed with COVID-19, or have reason to believe you have COVID-19?
- Are you awaiting test results for Covid-19?

If you can answer **YES** to any of these questions, **STAY HOME** and contact the School Nurse.



Handwashing 101...



Handwashing is still the #1 way to prevent the spread of illnesses.

Wash hands frequently, especially before and after meals, after using the bathroom, after touching your face, after touching frequently touched surface. Wash for 20 seconds (it's longer than you think).

Hand sanitizer with at least 60% alcohol is acceptable as well.



Masks...



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- Both unvaccinated and vaccinated individuals need to wear masks indoors at school this year.
- Wear at all times in the school building, unless you are sitting down and eating lunch.
- Make sure it covers nose and mouth, loops around ears and fit snugly against the face.
- Must be 2 layers. No masks with a vent hole, no gaiters.
- **Wash mask daily.** Single use masks should be discarded daily or more often if dirty.

What I need from you...



- If your doctor recommends a flu shot for your child, get a flu shot! Have your child vaccinated for Covid-19 when you feel comfortable with it. Discuss with your doctor, ask questions, do research. Now Pfizer is FDA approved. No judgement, but I am available if you have questions.
- Ask questions! Things are changing everyday. We will keep up with all of the changes and adjust our plans as needed.
- Encourage the students to take care of themselves. Stress and anxiety is not good for any of us.
- **Healthy diet and a good night's sleep are priceless medications for us all.**