

Southeast Polk Health Services

Illness Policy/Procedure

2021-2022

Stay Home If Not Feeling Well

Southeast Polk Community School District collaborates with the Polk County Health Department, Iowa Department of Public Health, and local healthcare providers to provide guidelines which define when a student is well enough to attend school.

*****The general message to families, students, and staff is to stay home if you are not feeling well.**

If A Student Gets Sick At Home

24 Hour Guidelines: Students should stay home until 24 hours fever free without fever-reducing medications (fever is defined as greater than or equal to 100.4 degrees), 24 hours without vomiting or diarrhea, and/or 24 hours after starting antibiotic treatment.

If a student has been exposed to anyone with COVID-19 in the past 14 days, please isolate at home and call their healthcare provider right away.

If a student has no known exposure to anyone with COVID-19 and has been sick for 3 consecutive days, we may request that their healthcare provider be contacted for next steps, and a Dr. note may be requested for re-admittance.

We are still reporting illness to the Polk County Health Department daily so we are asking parents/guardians to report symptoms when calling students in ill.

If a student does not see a healthcare provider as requested based on symptoms, the nurse may request the student stay home for 10 days or show proof of a negative COVID-19 test in order to return to school.

If A Student Gets Sick At School:

School Nurses will use professional judgement to determine if the student may be returned to class, be referred for further medical intervention, or be sent home for rest and observation. If the nurse needs assistance in assessing the situation for COVID-19 risk, they will consult with the Polk County Health Department Communicable Disease Team.

Regardless of the nature of the illness, anyone presenting with illness symptoms that suggest communicable illness will be sent home with instructions to consult with their healthcare provider who can further assess, diagnose, and prescribe appropriate care to include when it is advisable for the child to return to school.

Reporting and Notifications:

The Southeast Polk School District will follow the guidance of the Iowa Department of Public Health, the Polk County Health Department, and the Iowa Department of Education to respond to positive cases of COVID-19 and close contacts for students and staff. IDPH and PCHD are no longer conducting contact tracing. The District will collect data on the number of positive COVID-19 cases of students and staff and report this to the public weekly via website dashboard.

For grades PK-5, parent notifications will be sent to the entire grade level when a positive case is confirmed. For grades 6th-12th, positive cases will be reported on the district dashboard.

COVID-19 Specific Guidance

Southeast Polk Schools, in general, will follow the recommendations of the [IDPH Epi Manual](#) for management of communicable diseases, including COVID-19.

If a student or staff is tested for COVID-19 they must stay home until the test results are known.

Isolation – Positive test for COVID-19

Everyone, regardless of vaccination status, should:

- Stay home for 5 days.
- If you are asymptomatic or your symptoms are resolving after 5 days, you can leave your house. If you have a fever, continue to stay home until 24 hours after your fever resolves.
- Continue to wear a mask around others for 5 additional days. **

**Those with symptoms that are resolving and fever free for 24 hours or asymptomatic on day 6 may return to school but must agree to wear a mask for days 6-10 per [IDPH](#) and [CDC guidance](#). If students are unable to mask, or if parents choose to not have their student wear a mask, the student will need to isolate at home for 10 full days.

Loss of taste and smell or minor cough may persist for weeks or months after recovery and need not delay the end of isolation.

If the COVID-19 test is negative or if an alternate diagnosis is provided (i.e. allergies, cold, strep throat, etc), the child may return to school per the *24 Hour Guidelines* above.

Quarantine – Exposure to COVID-19

Southeast Polk Schools recommends following [IDPH](#) and [CDC guidance regarding quarantine](#)

If the overall school absence rate increases or if positive cases of COVID-19 are confirmed in a school community, the PCHD may recommend additional screening measures to mitigate the situation until the absence rate declines and/or cases of COVID-19 are fully addressed.