

## DAILY “READY FOR SCHOOL” REQUIREMENTS FOR STUDENTS/PARENTS/GUARDIANS

Updated: November 21<sup>st</sup>, 2022

As part of Spectrum’s Preparedness Plan (also referred to as the Safe Return to In-Person Learning Plan), parents/guardians of students attending Spectrum are required to evaluate their child(ren) daily before sending them to school using the following Ready for School Protocol.

### READY FOR SCHOOL PROTOCOL

If a student is feeling sick, he or she should stay home until 24 hours after the following symptoms have resolved: fever > 100°F (unmedicated), vomiting, diarrhea, or undiagnosed rash.

Other symptoms to consider include:

- Sore throat
- Fatigue
- Body aches
- Acute onset of shortness of breath (difficulty or hard time breathing)
- Acute onset or worsening cough (new cough or cough that gets worse)
- New loss of taste or smell. The lessening of these symptoms will be required to return to school.



If a student has the above symptoms, the parent/guardian should consider reaching out to their physician to see if an appointment or any testing is suggested. Your student should be ready for a full day of school before returning.

If a student receives a **positive influenza test result**, please notify your student’s health clerk. Students can return to school 24 hours after their fever is gone without fever reducing medication (e.g., Tylenol or Advil). They should also be well enough to participate in a full day of school before returning.

If a student receives a **positive COVID test result**, please notify the Lead Health Clerk, Jess Lingbeek, as soon as possible: [jlingbeek@spectrumhighschool.org](mailto:jlingbeek@spectrumhighschool.org) or (763) 450-9804. Note: Free at-home tests are available from the Minnesota Department of Health at <https://mn.gov/covid19/get-tested/at-home/>.

### What happens after a parent/guardian reports a positive COVID test result?

- (1) A follow up call from the Lead Health Clerk will be made sometime during the first day of notification.
- (2) The Lead Health Clerk will work with the parent/guardian to determine when the student should return to school (at least 5 days from onset of symptoms and when symptoms lessen). Once returning to school, the student will need to wear a mask through the 10<sup>th</sup> day from onset of symptoms.
- (3) If no test is taken, the student should return to school based on symptoms following the protocol. If coughing, a mask will be encouraged.