



August 2022

Hello families of Silver Falls School District,

We are so excited to see your students this upcoming school year 2022-2023! SFSD is committed to providing a safe learning environment for its students. This includes continuing important COVID-19 health and safety protocols. We would like to thank you for helping us take the following precautions, to help maintain a consistent and healthy learning environment for our school community:

➤ **STAY HOME WHEN ILL**

Refer to our “Can My Student Go to School Today” Flowsheet every day before sending your child to school.

Please DO NOT SEND AN ILL STUDENT TO SCHOOL.

- **If your child has a cough, fever, chills, loss of taste/smell, difficulty breathing, or shortness of breath:** keep them home and call your school. You will get guidance via Parent Square/Email or phone call. They will be encouraged to test for COVID-19. If you need help with testing resources, please call your school and Nursing will help you access testing.
- **If your child has been diagnosed with COVID-19:** keep them home and call your school. Nursing will call you to follow up and determine when it is okay for them to return to the school building.

➤ **GET VACCINATED IF YOU ARE ELIGIBLE**

We recommend consulting with your child’s health care provider regarding vaccination(s) for your student.

- Resources for COVID-19 Vaccines:
 - Pill Box Pharmacy (Silverton) 503-873-6321
 - Hi-School Pharmacy (Silverton) 503-873-8391
 - Rite Aid Pharmacy (Silverton) 503-873-2460
 - <https://covidvaccine.oregon.gov/>
 - Santiam Hospital COVID Vaccine Clinic 503-769-2175, option 5

➤ **WEAR FACE COVERINGS WHEN RECOMMENDED**

- If you test positive for COVID-19 (or are presumptive for COVID-19 or have 2 or more primary symptoms of COVID-19 and choose not to test), you should wear a mask when around others, including days 6-10 after your 5-day isolation.
- Close contacts to a positive/presumptive case, regardless of vaccination status or prior infection with COVID-19 are recommended to wear a well-fitting mask around other people for the 10 days following their last exposure.
- The Center for Disease Control and Prevention (CDC), Oregon Health Authority (OHA) and Oregon Department of Education (ODE) continue to strongly advise the use of face coverings in schools when [county COVID-19 Community Levels](#) are high.

➤ **ENCOURAGE AND SUPPORT HEALTHY HYGIENE HABITS**

- Including respiratory hygiene and handwashing.

➤ **STAY INFORMED**

- Please read through the attached “COVID-19 in Schools—Guide for Caregivers, Parents and Families” from ODE and OHA .
 - SFSD will be sending Cohort Exposure Notifications to those cohorts that have increased COVID-19 transmission, or per the health department’s recommendation.
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- Refer to the SFSD Website (<https://silverfallschools.org/>) for COVID-19 information, including opt-in COVID-19 testing options and SFSD COVID-19 Specific Communicable Disease Management Plan. More information can also be found on the [Oregon Department of Education's website](#) and the [Oregon Health Authority's COVID-19 website](#).
- If you have any questions or concerns regarding this information, or any COVID-19 protocols we are following, please contact your school principal and Nursing is happy to reach out to you!

Aside from COVID-19, please review the following information regarding the health of your student:

Please contact your health care provider about any **SERIOUS ILLNESS** or if you are worried about your student's health.

- If you need help in finding a health care provider, you may contact the local public health authority, or your school and Nursing will follow up.
- Please notify the school if your child is diagnosed with a **CONTAGIOUS DISEASE**, including these: chickenpox, COVID-19, diarrhea caused by E. coli or Salmonella or Shigella, hepatitis, measles, mumps, pertussis, rubella, scabies, tuberculosis, or another disease as requested.

Please notify the school if your student requires **MEDICATIONS** during school hours.

- Follow school protocols for medication at school.
- If your student's illness requires antibiotics, the student must have been on antibiotics for at least 24 hours before returning to school, and longer in some cases. Antibiotics are not effective for viral illnesses.

Please notify the school if your student has an **UNDERLYING OR CHRONIC HEALTH CONDITION**.

- We will work with you to address the health condition so that the student can learn.
- With consent, a school nurse may consult with the student's health care provider about the health condition and necessary treatments.







We are looking forward to a great year where we can support your students in their health and learning! Please reach out with any questions or concerns you may have.

Thank you!

Your Silver Falls School District School Nurse Consultants

PLEASE KEEP STUDENTS WITH SYMPTOMS OUT OF SCHOOL

This list is school instructions, not medical advice. Please contact your health care provider with health concerns.

SYMPTOMS OF ILLNESS	THE STUDENT MAY RETURN AFTER... *The list below tells the shortest time to stay home. A student may need to stay home longer for some illnesses.
 Fever: temperature of 100.4°F (38°C) or greater	*Fever-free for 24 hours without taking fever-reducing medicine AND per guidance for primary COVID-19 symptoms.
 New cough illness	* Symptoms improving for 24 hours (no cough or cough is well-controlled) AND per guidance for primary COVID-19 symptoms.
 New difficulty breathing	* Symptoms improving for 24 hours (breathing comfortably) AND per guidance for primary COVID-19 symptoms. → <i>Urgent medical care may be needed.</i>
 Diarrhea: 3 loose or watery stools in a day OR not able to control bowel movements	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Vomiting: one or more episode that is unexplained	*Symptom-free for 48 hours OR with orders from doctor to school nurse.
 Headache with stiff neck and fever	*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions above. → <i>Urgent medical care may be needed.</i>
Skin rash or open sores	*Symptom free , which means rash is gone OR sores are dry or can be completely covered by a bandage OR with orders from doctor to school nurse.
Red eyes with colored drainage	*Symptom-free , which means redness and drainage are gone OR with orders from doctor to school nurse.
Jaundice: new yellow color in eyes or skin	*After the school has orders from doctor or local public health authority to school nurse.
Acting differently without a reason: unusually sleepy, grumpy, or confused.	*Symptom-free , which means return to normal behavior OR with orders from doctor to school nurse.
Major health event , like an illness lasting 2 or more weeks OR a hospital stay, OR health condition requires more care than school staff can safely provide.	*After the school has orders from doctor to school nurse AND after measures are in place for the student's safety. Please work with school staff to address special health-care needs so the student may attend safely.

Can My Student Go to School Today?

Answer these 5 questions and follow the arrows to see if it is okay for your student to go to school today...

1. Have they tested positive for COVID-19?



STAY HOME. NOTIFY YOUR SCHOOL AS SOON AS POSSIBLE. A school nurse will reach out to you.

- Isolate at home for at least 5 days after symptoms first appeared AND until 24 hours after fever is resolved (without use of fever-reducing medicine), AND symptoms are resolving. (First day of symptoms is day 0. If no symptoms, isolate at home for 5 days after positive test date.) Wear a well-fitting mask around others for 5 additional days after the end of the 5-day isolation period (day 6-10).

2. Are they experiencing any primary symptoms:

- Cough,
- Fever ≥ 100.4 or Chills,
- Shortness of Breath or Difficulty Breathing,
- New loss of taste/smell?



1. **STAY HOME, NOTIFY YOUR SCHOOL AS SOON AS POSSIBLE.**

2. Seek testing. If you need assistance finding testing, call your school for support.

If COVID-19 test is positive: See above

If COVID-19 test is negative: (testing is recommended after 3rd day of symptoms)

- Isolate at home until 24 hours after fever is resolved (without use of fever-reducing medicine), AND symptoms are resolving. **DO NOT SEND SICK CHILD TO SCHOOL.**
- If they have had contact with a positive case in past 14 days, they should stay home and a school nurse will reach out to you with guidance.

If they do not get tested for COVID-19:

Do they have 1 primary symptom?

- Stay home until 24 hours after fever is resolved (without the use of fever-reducing medicine), AND symptoms are resolved.

Do they have 2+ primary symptoms?

- Stay home for 5 days after symptoms first appeared AND until 24 hours after fever is resolved (without the use of fever-reducing medicine), AND symptoms are resolved. Wear a well-fitting mask around others for 5 additional days (day 6-10).

NO

3. Are they experiencing any other symptoms that may be related to COVID-19: Fatigue, muscle or body aches, headache, sore throat, nasal congestion or runny nose, nausea or vomiting, diarrhea, or skin rash?



STAY HOME. Monitor symptoms for 24 hours to ensure primary symptoms do not develop. **DO NOT SEND SICK CHILD TO SCHOOL.** If their non-primary symptoms persist for more than one day, you should consider evaluation by your healthcare provider who can determine if viral testing is advised.

4. Have they been in close contact* with a positive COVID-19 case in the last 14 days?

They can come to school and are recommended to (regardless of vaccination status):

- Watch for COVID-19 like symptoms for 10 days after their last exposure.
- If they develop any symptoms, stay home and seek testing.
- Consider testing approximately 5 days after their exposure.
- Wear a well-fitting mask around other people for 10 days following exposure.
- Avoid unnecessary visits with high-risk individuals.

5. Are any household members experiencing:
Cough, Fever ≥ 100.4 or Chills, Shortness of Breath or Difficulty breathing, or New loss of taste/smell?

If your student is healthy, with no symptoms, they can come to school.

Go to School



* The definition of exposure is being within 6 feet of a person who has COVID-19 for at least 15 cumulative minutes within a day.

Emergency Symptoms (call 911):

Trouble breathing, Persistent pain or pressure in chest, New confusion or inability to awaken, Bluish or greyish lips or face, Other severe symptoms.

