COVID-19

Why Quarantine?

Quarantine's importance grew after it was evident that persons are able to transmit SARS-CoV-2 (COVID-19) before symptoms develop, and that a substantial portion of infected persons (likely somewhere between 20% to 40%} never develop symptomatic illness but can still transmit the virus.

When to stay home and contact the school/your physician regarding quarantine
> Exposure to a person with COVID
> - Symptoms may appear 2-14 days after **exposure to the virus.**

> Development of symptoms that could be
> COVID Symptoms can include:
> - Fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

The presence of any of the symptoms below generally suggests a student has an infectious illness and should not attend school, regardless of whether the illness is COVID-19. *For students with chronic conditions, a positive screening should represent a change from their typical health status.*
> - Temperature of 100.4 degrees Fahrenheit or higher
> - Sore throat
> - Cough (for students with chronic cough due to allergies or asthma, a change in their cough from baseline)
> - Difficulty breathing (for students with asthma, a change from their baseline breathing)
> - Diarrhea or vomiting
> - New onset of severe headache, especially with a fever

If your child HAS any of the symptoms above:
> - Keep them home from school
> - Consider whether your child needs to see a healthcare provider and possible COVID-19 testing. When testing is required, St. Paul's will only accept the PCR test (we do **<u>not</u>** accept the Rapid Test.)

If you have any question of whether you should send your child to school, please text the school nurse Dawn RN, BSN @ (410) 960-6755.

Contact the school and report that your child is sick. Give specific details and description of symptoms. Email your child's teacher, nurse@stpaulskingsville.org, cehatt@stpaulskingsville.org and abrintnall@stpaulskingsville.org

<u>Travel Reminder:</u>

All Marylanders who travel outside of Maryland shall immediately get a COVID-19 test upon arrival in Maryland or within 72 hours before travel to Maryland. Symptomatic travelers shall self-isolate upon arrival or are strongly encouraged to stay at their place of origin. Asymptomatic individuals shall self-quarantine while awaiting test results. Remember, St. Paul's will only accept the PCR test (the Rapid test is **<u>not</u>** acceptable to return to school).

**If no test is obtained after traveling, you must quarantine for 14 days.