

August 30, 2020

Dear HCA Families,

In preparation for the beginning of the 2020/2021 school year, we have gathered the following information to help answer your questions and provide details about illness, screenings, and the hygiene measures required to keep the HCA community healthy and open. Below you will find a compilation of the most current guidance and mandates from the Maine CDC, the Maine Department of Health and Human Services, the Maine Department of Education, Governor Mills' Administration, and the Maine chapter of the American Academy of Pediatrics (MAAP). Please review this information and each link provided.

- Symptom screening: Families are asked to screen their students and staff are asked to screen themselves prior to going to school using the following [screening tool](#) (last updated 8/3)

COVID-19

Pre-Screening Tool for School Attendance

Within the past 24 hours have you had a fever (100.4 and above*) or used any fever reducing medicine?

YES = 

Do you feel sick with any of the most common symptoms? (see symptom list to the right)

YES = 

Have you been in close contact with a person who has COVID-19?

YES = 

Have you traveled outside of the state in the past 14 days?

YES = 
Contact Your School

Most Common Symptoms of Covid 19:

Cough
Shortness of breath or difficulty breathing
Fever (100.4 or greater)*
Chills
Sore throat
New loss of taste or smell

Less Common Symptoms:

Muscle pain
Nausea or Vomiting
Stomach pain
Diarrhea
Fatigue
Headache
Rash
Swelling or redness of hands/feet
Red eyes/eye drainage
Congestion/runny nose

**Fever is 100.4 regardless of measurement location (oral, temporal).*

Stay home with any YES response to the questions above OR with two or more of the "less common" symptoms listed to the right.

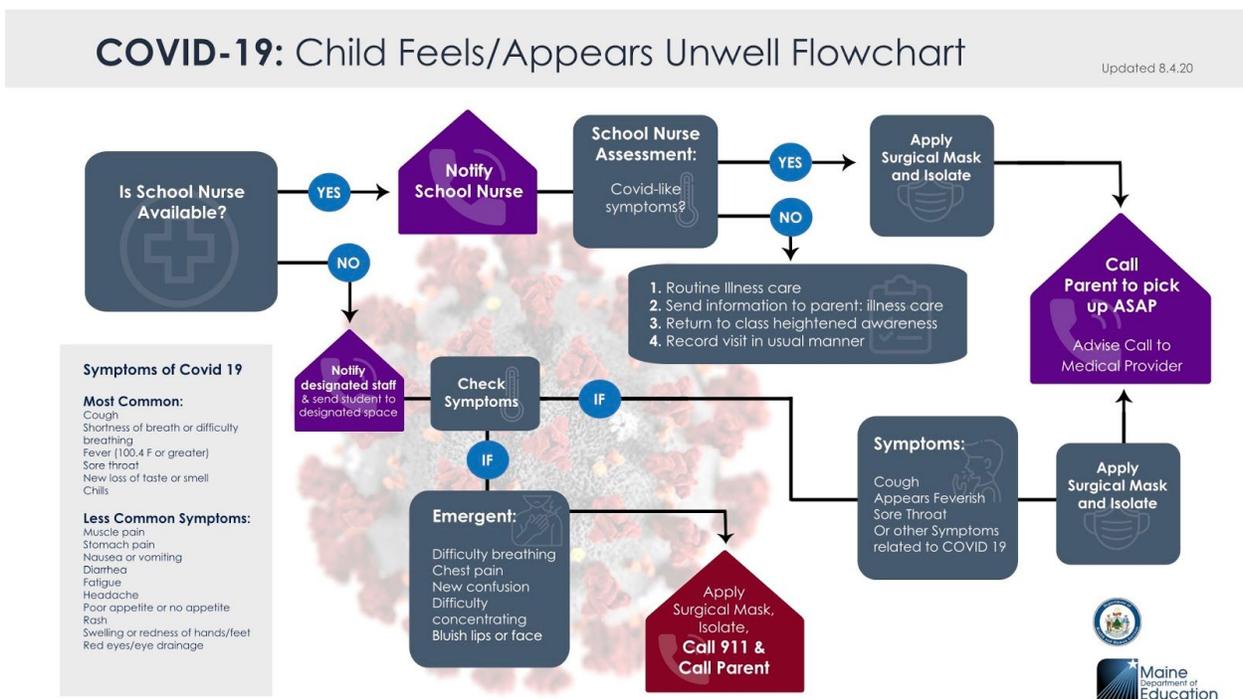
Attend school when all answers are NO. Call or see your school nurse or other designated person at school if you have questions.

Updated 8.3.20



- Please do not send your child to school after giving them any fever-reducing medication such as Tylenol, Advil, Ibuprofen, Motrin, etc. Please know that in school we will be using such medications sparingly.
 - If daily medications can be given at home, please do so. Most medications other than those that need to be given 4 times a day can be timed to administer at home.
 - Have alternate plans for student illness, such as someone who can pick your child up from school if they become ill, a contact number that you will answer during the school day, and a reliable means of transportation.
 - ***Please make sure that your child's immunizations are up to date. This is especially important during a pandemic to keep other infectious diseases out of the school as much as possible.***
- Face Masks/Coverings are required. Students and staff are encouraged to wear cloth or disposable masks from home and should bring extras in case they are needed. If a student or staff member needs a replacement mask during the day, the school will provide one. HCA will provide lanyards for students to attach their masks to when taking a mask break, and guidance on the most hygienic way to do so. If your student has forgotten their lanyard, we will have bags for them to put them in while they eat. Please view the following resources from the CDC which explain [how to safely wear a mask](#), how reusable cloth masks should be [washed](#), and how to [make your own mask](#). When choosing a cloth mask, please choose one made with multiple layers that cover the nose and mouth. At this time, masks with exhalation valves, bandanas, or “gaiter” style neckbands are discouraged.
 - Please make sure your student's mask:
 - fits snugly but comfortably against the side of the face
 - completely covers the nose and mouth
 - includes multiple layers of fabric
 - is secure with ties or ear loops
 - allows for breathing without restriction
 - can be laundered and machine dried without damage or changes to the shape
 - Face shields may be an alternative for students or staff with documented medical or behavioral challenges who are unable to wear masks/face covering. A [written exemption letter](#) must come from a primary care physician and **not** a walk-in or urgent care setting (last updated from the MAAP 8/7/20).
 - [Handwashing](#) or using hand sanitizer should be done upon boarding the bus, when entering the school, before and after eating, after using the restroom, before and after using shared or playground equipment, before putting on and taking off masks, and before dismissal.

- Personal Protective Equipment (PPE): Additional safety precautions are required for school nurses and/or any staff supporting students in close proximity, when distance is not possible, or when students require physical assistance. These precautions must at a minimum include eye protection (e.g., face shield or goggles) and a mask/face covering. These items will be provided by the school.
- Responding to a student/staff who become ill at school:
 - The Maine Department of Education has provided a [flowchart](#) to guide school staff in the steps to take if a child/staff member develops an illness while at school (last updated 7/16/20). This guidance outlines how the nurse or designated school staff member would isolate a symptomatic student, respond in an emergency, and contact a parent.



- The Maine chapter of the American Academy of Pediatrics has provided a more detailed [flowchart](#) on the assessment of children with symptoms of COVID-19 (who have had no known exposure) and the scenario-based return to school guidance (last updated 8/7/20).
- Summary of flowchart:
 - Students/staff who become ill with COVID-19 type symptoms during the day will report to the nurse and will be separated from others as best as possible while ensuring the safety and supervision for the sick student/staff until they have left the building. Each school will have a designated room or area that can be used

for the purpose of isolating a sick student or staff member. Students who become ill at school will not be allowed to ride a district vehicle home. Parents/caregivers will be expected to pick them up as soon as possible (within one hour). Please have an alternative plan for your child to be picked up from school if they become ill and you are unavailable.

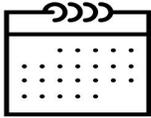
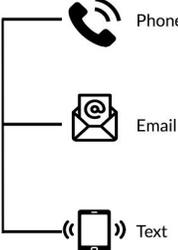
- Students/staff sent home with symptoms outlined below will be asked to seek an evaluation from their medical provider and will need a provider note to return to school:

<u>Two or more</u> of the “lower risk” symptoms	OR	<u>One</u> of the “higher risk” symptoms
<ul style="list-style-type: none"> ● New headache ● Myalgias (muscle aches) ● Runny nose/congestion ● Nausea/vomiting/diarrhea ● Any of the above symptoms present beyond typical symptoms (i.e. allergies) 		<ul style="list-style-type: none"> ● New, uncontrolled cough ● Shortness of breath or difficulty breathing (not exercise-induced asthma) ● New loss of taste or smell ● Fever (100.4 or higher), chills, rigors (shivering) ● Sore throat

- If a swab for COVID-19 is done and the result was negative: The student/staff must stay home until the test result is confirmed to be negative and may return to school when symptoms have improved and are afebrile for 24 hours without the aid of medication.
- If the student/staff was seen by their provider and no swab was done because an alternative diagnosis was made, then they may return to school when symptoms have improved and are afebrile for 24 hours without the aid of medication.
- If a swab for COVID-19 was done and the result was positive: The family/staff member will notify the school nurse and will follow the [CDC guidelines](#) before returning to school (updated 8/12/20). All three criteria must be met:
 - 10 days have passed since the onset of symptoms
 - 24 hours have passed with no fever (without the use of fever reducing medication).
 - Improvement of symptoms
 - If a student/staff has tested positive for COVID-19, but never had any symptoms, they may return 10 days after the positive test was taken.
 - The individual has been cleared as “recovered” by the Maine CDC
- If the student/staff was not tested for COVID-19 and there was no alternative diagnosis made (patient/family declined, unable to obtain a test), this person may return to school when all three criteria are met:
 - 10 days have passed since the onset of symptoms

- 24 hours have passed with no fever (without the use of fever reducing medication).
- Improvement of symptoms
- Responding to students/staff who test positive for COVID-19
 - Whenever a school receives information of a student or staff member who has tested positive for COVID-19, school administration will work collaboratively with the Maine CDC who will provide guidance to form an appropriate response. Contact tracing will be conducted by the Maine CDC in which close contacts will be identified and advised on how to proceed. Timely communication to parents/families regarding a positive case of a student/staff member will be guided by the Maine CDC.
 - The Maine chapter of the American Academy of Pediatrics and the Maine Department of Education have published the following [infographic](#) which answers frequently asked questions regarding COVID-19 in the school setting.
 - The Maine Department of Health and Human Services has provided helpful [guidance](#) for if you think you have come in contact with a COVID-19 case.

What Happens if I Have Contact with a COVID-19 Case?

<p>I THINK I had contact with a COVID-19 case. What now?</p> <p>If you had contact with someone who you think has COVID-19:</p> <p>You should:</p> <ul style="list-style-type: none"> • Monitor yourself for symptoms for 14 days. • Contact a healthcare provider if symptoms develop. • Quarantine is not recommended. • Maine CDC will contact you if you are identified as a close contact of a COVID-19 case. <div style="text-align: center; margin-top: 20px;">  </div>	<p>I AM a close contact of a COVID-19 case. What now?</p> <p>If you had close contact (within 6 feet for 15 minutes or more) with a COVID-19 case:</p> <ul style="list-style-type: none"> • Quarantine at home for 14 days after last exposure. • Take your temperature 2x per day. • Monitor for fever, cough, or difficulty breathing. • Contact a healthcare provider if symptoms develop. • If you live with your close contact, you must stay in quarantine until 14 days after they are released from isolation. <div style="text-align: center; margin-top: 20px;">  </div>	<p>Will Maine CDC contact me if I am a close contact?</p> <p>To slow the spread of disease, Maine CDC contact tracers will reach out to you to inform you that you are a close contact of a COVID-19 case and to enroll you in a new self-monitoring system called SARA Alert™.</p> <p>The SARA Alert™ System:</p> <ul style="list-style-type: none"> • Allows exposed individuals to self-monitor and report any symptoms. • Always maintains privacy. <p>You can choose between three methods of SARA Alert™ communication:</p> <div style="text-align: center; margin-top: 10px;">  </div>
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For more information visit: www.maine.gov/dhhs/coronavirus

We care about the health of our HCA faculty and students alike. Working together will help us all stay healthier. We appreciate your contribution to keeping everyone in our school healthy.

The HCA Staff