SPPS needs your help in controlling the spread of COVID-19 by identifying and reporting concerns early and following recommended exclusion guidance.

**ALL THIS INFORMATION is taken from the SPPS Covid-19 Student and Family Guidelines Handbook.** It can be found at:

https://docs.google.com/document/d/1_DuP174blVvAAaKm6sC15AF5RIg8M18gEhBPBUZWU/edit

SPPS leaders will maintain awareness of COVID-19 transmission levels in our community and the vaccination status of the populations we serve to address and adjust layered prevention strategies in our facilities. For example, higher rates of COVID-19 transmission coupled with low vaccination rates increases the likelihood that children and staff will attend school/work while infectious and may indicate the need to use additional layers of protection.

**Health Screening and Monitoring**

**Important Definitions from the Minnesota Department of Health:**

- **Self-monitoring** = monitoring yourself carefully for any symptoms. Everyone should be doing this throughout the day
- **Close Contact** = being within 6 feet of someone who has COVID-19 or COVID-19 like symptoms for more than 15 minutes at a time
- **Self-quarantine** = you are not experiencing symptoms, but you were in close contact with someone who has tested positive for COVID-19 or is showing symptoms of COVID-19.
- **Self-isolation** = you are actively exhibiting symptoms consistent with COVID-19 and should be at home, preventing the spread of COVID-19 to others
- **A fever is defined as 100.4° and higher**
- **Lab diagnosed/confirmed** = the individual had a lab confirmed positive test for COVID-19

**Regular screening for symptoms of COVID-19 and ongoing self-monitoring** throughout the day is an effective prevention strategy to quickly identify signs of illness and help reduce exposure.
When to Keep Your Child Home:
Daily self-screening before coming to school to reduce the spread of COVID-19

Students, staff and visitors must conduct their own symptom screening prior to coming to school/work, again when arriving at any SPPS facility, and throughout the day. Similar to testing for COVID-19, screening is a snapshot in time of particular risks at that moment. It is imperative that everyone monitor their health throughout the day for changes and respond accordingly.

Symptoms of COVID-19 include:

**MORE common symptoms:** fever greater than or equal to 100.4° F, new cough or cough that gets worse, difficulty/hard time breathing, new loss of taste or smell

**LESS common symptoms:** sore throat, nausea, vomiting, diarrhea, chills, muscle pain, extreme fatigue/feeling very tired, new severe/very bad headache, new nasal congestion/stuffy or runny nose

Answer the following questions EACH MORNING BEFORE SENDING YOUR CHILD TO SCHOOL:
1. Did my child recently test positive for COVID-19?
2. Does my child have any of the COVID-19 symptoms listed above?
3. Did my child have close contact (within 6 feet for more than 15 minutes) with someone who recently tested positive for COVID-19?

If you answered YES to any of the above:
- **Do not send your child to school,** report your child’s absence, and contact your child’s healthcare provider.
- **Report your child’s symptoms or exposure** using the online SPPS COVID-19 Reporting System.

Symptoms may appear 2-14 days after being exposed to the COVID-19 virus. Not everyone with COVID-19 has all of these symptoms, and some people may not have any symptoms.

Talk to your health care provider and seek medical care immediately with any of the following emergency warning signs for COVID-19:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
The SPPS Health Screening tool is posted at all SPPS building entryways along with masking reminders. In addition to monitoring your child’s health, our health staff additionally rely on experienced staff to help identify signs of illness or changes in behavior in students to prevent the spread of disease.

People are at relatively low risk if they have not had close contact with someone with COVID-19 or COVID-19 symptoms. There is community-wide spread of COVID-19 across the country. 

Precautions you take both at work and in your personal time are important in slowing the spread and reducing risks to others.

SPPS is working with MDH and local organizations to offer additional testing options to students. This information will be updated as new guidance becomes available.

It is important during this pandemic that you pick your child up as soon as possible when they are sick so we can limit the risks to other students and staff and reduce the spread of COVID-19.

Please be sure your school has up-to-date contact information so we can promptly reach you. Please follow exclusion recommendations provided to you and your family.

Every situation is different and will present varying guidelines. As a general rule:

- People who have been in close contact with someone who tested positive for COVID-19 or COVID-19 symptoms should contact their healthcare provider and are recommended to self-quarantine for 10 to 14 days (depending on type of contact) from the last known date of exposure and monitor for symptoms. Testing for COVID-19 is also encouraged, at minimum, if symptoms appear.

- People who test positive for COVID-19 or have COVID-19 symptoms should contact their healthcare provider (if they haven’t already) and should stay home for at least 10 days from the start of symptoms. Symptoms must be improving prior to returning AND fever must be resolved for at least 24 hours without the aid of medication. Testing for COVID-19 is encouraged. Close contacts, including household members, should consult their health care provider and generally stay home for 10-14 days (depending on type of exposure) and monitor for symptoms.

- Documentation of a negative COVID-19 test or a letter certifying release from isolation is not required, but the person must follow the recommended exclusion guidance.

- People who are fully vaccinated (14 or more days after their vaccination series) OR have tested positive for COVID-19 in the past 90 days and have close contact with someone who has COVID-19 do not need to quarantine if they do not have any symptoms and meet other conditions.

SPPS needs your help in controlling the spread of COVID-19 by identifying and reporting concerns early and following recommended exclusion guidance.
The SPPS COVID-19 Reporting System is a short online report that will provide further guidance for staff and students that test positive for COVID-19, have symptoms of COVID-19, or have had close contact with someone that has tested positive for COVID-19.

Information reported will be evaluated by a member of the Health and Wellness COVID-19 Team to determine exclusion guidance in a manner consistent with applicable law and privacy policies, including the Health Insurance Portability and Accountability Act (HIPAA) and the Family Educational Rights and Privacy Act (FERPA).

Families are encouraged to make a report for their student if they are able. Staff are available to assist in making a report, if needed.

COVID-19 Contact Tracing
Contact tracing helps to slow the spread of COVID-19. Contact tracing means identifying and talking to people who are infected with COVID-19 and then identifying and talking to all the people they may have infected. If all of these people then stay home and away from others, they cannot spread the disease. It is important for them all to stay home, because even though some people with COVID-19 never feel sick, they still can give the disease to others.

Health & Wellness (H&W) often hears of cases prior to the Minnesota Department of Health (MDH). Positive student, employee or visitor cases should be reported the same day via the online SPPS COVID-19 Reporting System. H&W staff will notify MDH of confirmed COVID-19 cases (as required by Minnesota Rules, Chapter 4605.7050) and follow MDH guidance.

H&W Staff will follow up directly with people when a positive test is reported for COVID-19 AND the individual has been in an SPPS facility AND was determined to be in close contact with a SPPS staff member or student.

- **Our priority is to exclude people that test positive for COVID-19 or have COVID-19 symptoms as soon as possible and inform close contacts second.** Being identified as a close contact does not mean you have COVID-19. It means you may be at risk and should go home to quarantine for 10-14 days (depending on type of exposure) and monitor for symptoms. It takes time to gather this information.

- **SPPS staff and students identified as close contacts will be notified by H&W or the administrator for that staff or school.**

- **All other scenarios will receive an auto-generated response from the COVID-19 Reporting System with recommendations and next steps based on responses provided.**
Health information is protected under the Health Insurance Portability and Accountability Act (HIPAA). We are unable to share who the person with COVID-19 or COVID-19 like symptoms is.

H&W follows guidance from MDH to inform staff, families and the public regarding positive COVID-19 cases. As a general rule, building-wide notifications will not occur unless there is a need to shut down a facility according to our SPPS COVID-19 Cleaning and Disinfection Procedure or upon the recommendation of MDH. Staff, families and the public will be notified of school closures and any restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).

H&W provides need to know information and recommendations from MDH to the following groups:

- **Facilities Department** so that additional cleaning measures can be implemented as recommended (individual names are not shared)
- **Administrators** who oversee that site or program

**TOGETHER WE CAN HELP STOP THE SPREAD. PLEASE BE DILEGENT IN SELF-MONITORING AND REPORTING SYMPTOMS.**

If you have any questions, please contact your child’s teacher or the main office.