**1-18-22**

Dear Parent/Guardian:

**Our Lady of the Lake Regional Catholic School** wishes to notify you of changes in isolation and quarantine guidance for COVID-19. In addition, given the large amounts of illness in our communities and school at this time, we would like to remind you of a few things to keep our students and staff healthy.

* If you child is sick, keep them home. See the included guide to help you with those decisions.
* If your child has specific symptoms or is diagnosed with a specific illness, please let the school know.
	+ Any information you report is kept confidential. Certain information must be reported to the local health department as required by law.
* If your child tests positive for COVID-19 or has symptoms of COVID-19, keep your child home following the enclosed guidelines.
	+ Please notify the school right away if your child tests positive for COVID-19
	+ Please notify all their close contacts from outside of the school setting. You can do this anonymously using [www.tellyourcontacts.org](http://www.tellyourcontacts.org)
* If your child is exposed to COVID-19 outside of the school setting, please keep your child home in quarantine following the enclosed guidelines.
* If your child is exposed to COVID-19 in the school setting, please follow the guidance that we send you. This guidance has been provided to us by the local health department.

We encourage any effort possible to prevent the spread of COVID-19 and other contagious illnesses in our schools. While not required, we strongly encourage vaccination and consistent use of face masks by all those in our schools. Keeping those infected or potentially infected out of school also prevents the spread of contagious illness, however this can cause unwanted disruption to education.

Students and staff that have been exposed to COVID-19 while at school can stay in school if:

1. Both they and the person they were exposed to were properly masked at the time of exposure,
2. They test negative prior to attending school during the time they would otherwise be in quarantine (called “Test to Stay”), or
3. They are up to date on their COVID-19 vaccines.

If your child is found to be a close contact to someone at school, we will provide more information regarding these options.

We encourage you to contact us with questions and concerns. Please call us at **989-366-5592**,email us at**ollsc@ollrcs.org** **or mjohnson@ollrcs.org**,or visit our website **ollsc@ollrcs.org** for updates.

Please be assured that we are committed to facilitating an optimal learning experience for our students and are here to support you during this time.

Sincerely,

Michelle L. Johnson, Principal of Our Lady of the Lake Regional Catholic School

**Every morning, families should check their children for signs of illness. If your child has specific symptoms or is diagnosed with a specific illness, please let your school know.**

**Use the following guidance to better understand when to keep children home from school.**

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| **STAY HOME:****COVID-19 SYMPTOMS/HAVE COVID-19** | **NEXT STEPS:** **COVID-19 SYMPTOMS/HAVE COVID-19** |
| If your child has any of these symptoms that are new and are not due to a health condition they already have, they need to stay home: * 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

*(\*When counting days, day 0 is the day their symptoms started. Follow the same steps if your child tests positive for COVID-19 with no symptoms, counting day 0 as the date their test was done rather than from start of symptoms.)* | * Isolation your child away from others right away
* Get your child tested for COVID-19: contact your doctor, visit [www.Michigan.gov/Coronavirus](http://www.Michigan.gov/Coronavirus) to find a testing site, or purchase an at-home test.
* If your child tests positive, let their school know right away.
* Tell your child’s out of school close contacts so they know to quarantine. You can use [www.tellyourcontacts.org](http://www.tellyourcontacts.org) to do this.
* If testing isn’t done, continue to follow the steps below
* If testing is negative, see table below
* Your child can resume normal activities outside of the home when ALL of the following applies to them:
	+ It has been 5 days since their symptoms began\*
	+ They have been fever-free for 24 hours without taking fever-reducing medication
	+ Other symptoms, like cough or shortness of breath, have improved
	+ They can continue to wear a mask for an additional ­5 days
* If your child can’t wear a mask around others your child should wait 10 days before leaving the house and resuming activities.
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| **STAY HOME: EXPOSED TO COVID-19** | **NEXT STEPS: EXPOSED TO COVID-19** |
| If your child was within 6 feet or less for at least 15 minutes in a 24-hour period of someone contagious with COVID-19 AND* Is NOT [up to date on COVID-19 vaccine](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html), such as:
	+ Is any age and not vaccinated for COVID-19
	+ Is 5 years through 11 years old and has not had 2 doses of Pfizer vaccine, OR
	+ Is 12 years through 17 years and has not had 2 doses of Pfizer and a booster if it is within 5 months, OR
	+ Is 18 years or older and has not had 2 doses of Pfizer or Moderna and a booster if it is within 5 months, OR got their initial dose of Johnson & Johnson vaccine more than 2 months ago and has not gotten a booster, OR
* OR has not had a diagnosed case of COVID-19 within the last 90 days
 | * Keep your child at home and away from others for ­5 days from their last contact with a contagious COVID-19 positive person.
	+ A person is contagious starting 2 days before their symptoms started until 10 days after their symptoms started (or 2 days before their positive test was performed until 10 days after their test was performed if they never had symptoms). If they properly wore a mask from days 6-10 they are not considered contagious.
	+ Day 0 of your child’s 5-day quarantine starts on the last day they were around the person while they were contagious.
* On the 6th day, they can return to normal activities but have them continue to wear a mask around others for an additional ­5 days.
* Your child still may be able to go to school, depending on their exposure type and if they have the option to get tested for COVID prior to going to school.
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**General Symptoms: Child is sick due to another illness or tests negative for COVID-19**

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| **STAY HOME: GENERAL ILLNESS** | **CAN RETURN TO SCHOOL WHEN** |
| **Fever of 100.4° F or above** | Fever has ended for at least 24 hours without use of fever-reducing medication such as acetaminophen (i.e. Tylenol) or ibuprofen (i.e. Motrin, Advil). |
| **Vomiting (defined as vomiting two or more times within one day)** | Vomiting has ended for at least 24 hours and child can hold down food and water (OR a healthcare provider has determined their vomiting is not infectious). |
| **Diarrhea (defined as two loose bowel movements in one day)** | Diarrhea has ended for at least 24 hours (OR a healthcare provider has determined it is not infectious). |
| **Rash** | Any rash with fever should be checked by a health care provider. They can return once rash has a diagnosis and known to not be contagious, is being treated, or has healed. |
| **Skin sores (if weeping/draining)** | Can return if covered with a waterproof dressing and drainage is contained.  |
| **Impetigo, lice, ringworm, or scabies.** | After receiving at least one dose of proper treatment. |
| **Fifth Disease** | Child does not need to stay home if s/he feels well. |
| **Hand, foot, and, mouth disease** | As long as none of the blisters on hands are draining or the drainage is contained, child can go to school. |
| **Impetigo** | After receiving at least one dose of treatment. Cover the lesions if possible. |
| **Influenza** | Fever has ended for at least 24 hours without use of fever-reducing medication |
| **Mononucleosis** | Return when able to tolerate activity; no sports until cleared by healthcare provider. |
| **MRSA** | Keep area covered and drainage contained, otherwise does not need to stay home. |
| **Pink Eye** | Child does not need to stay home if s/he feels well. |
| **Strep throat/Scarlet Fever** | After at least 2 doses of antibiotics that started at least 12 hours before returning to school. |