



# ROCKFORD LUTHERAN SCHOOL

## 2020-2021 HEALTH & SAFETY FAQs

*(subject to change based on new information and updates to existing CDC guidance)*

### What are the symptoms of COVID-19 (often referred to as “COVID-like symptoms”)?

Per the CDC, people with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19-

- 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 and Vomiting
- Diarrhea

Please know that his list does NOT include all possible symptoms, and the CDC will continue to update the list as more is learned about COVID-19. Refer to [www.CDC.gov](http://www.CDC.gov) for most current information.

### Is Rockford Lutheran performing daily symptom screening/health checks?

Yes - anyone entering a Rockford Lutheran School building will have their temperature taken and be screened for COVID-like symptoms daily. Individuals may not enter school buildings if they have a temperature equal to or greater than 100.4F or any COVID-like symptoms.

### What happens if a student/staff member becomes ill during the school day?

Any student or staff member who becomes ill during the school day will be directed to report to the entrance of the School Health Office for evaluation. Per IDPH guidance, any ill person experiencing *one or more* COVID-like symptom will be immediately isolated in a supervised quarantine area and be further evaluated by the school nurse/med tech. Evaluation will help to determine if an individual’s symptom(s) are new or part of an existing condition for this student/staff member. Ill individuals will be sent home, with instructions to contact their physician for further guidance. **Ill students/staff members that are sent home must provide documentation from their health care provider giving them permission to return to school.** See “*What actions should be taken by students/staff sent home with COVID-like symptoms? When can they return to school?*” for more information.

### If the sick person has a known condition that might be causing their symptoms (ie: allergies, migraine, etc.), can this be taken into consideration?

Yes - The IDPH *recommends* that every symptomatic person be evaluated by their healthcare provider on a case-by-case basis, and decisions to test for COVID-19 should be based on their personal health history. Diagnostic testing is strongly encouraged by the IDPH whenever an individual experiences COVID-like symptoms as it is possible to have COVID-19 and other health conditions *at the same time*. Individuals who do undergo testing should remain home, away from others while awaiting their COVID-19 test results.

## What actions should be taken by students/staff sent home with COVID-like symptoms? When can they return to school?

Per the IDPH, all students/staff sent home with COVID-like symptoms should be diagnostically tested. Students/staff should remain home from school until they receive the test results. Individuals should consult with the school nurse/med tech *before* their return to school.

- Students/staff who are confirmed or probable cases of COVID-19 must-
  - complete 10 calendar days of isolation from the date of first symptom onset AND
  - be fever-free for 24 hours without use of fever-reducing medications AND
  - have improvement of other symptoms BEFORE returning to school
  - bring a doctor's note documenting the COVID-19 test result and permission to return to school
- Students/staff returning to school after experiencing COVID-like symptoms BUT diagnosed with a "non"-COVID illness must-
  - meet the criteria for returning to school for the illness with which they have been diagnosed (contact the school nurse/med tech for guidance). At a minimum, the individual must-
    - be fever-free for 24 hours without the use of fever-reducing medication AND
    - have no diarrhea or vomiting in the previous 24 hours
  - A doctor's note documenting the alternative diagnosis and a negative COVID-19 test result should accompany a student or staff member returning to school with an alternative diagnosis after experiencing COVID-like symptoms
  - Note: IDPH *strongly recommends* medical evaluation and COVID-19 diagnostic testing for ALL persons with COVID-like symptoms
- Students/staff with COVID-like symptoms who do NOT get tested for COVID-19 and who do NOT provide a doctor's note documenting an alternative diagnosis, must-
  - complete 10 calendar days of isolation from the date of first symptom onset AND
  - be fever-free for 24 hours without use of fever-reducing medications AND
  - have improvement of other symptoms before returning to school
  - Note: IDPH *strongly recommends* medical evaluation and COVID-19 diagnostic testing for ALL persons with COVID-like symptoms

## If a student/staff member is sent home sick with suspected COVID-19 symptoms, must all their siblings/household members be sent home as well and be quarantined for 14 calendar days?

Yes, if one of the household members is being evaluated for COVID-19, the rest of the household must be quarantined until an alternative diagnosis is made OR negative result received. If the student/staff member becomes a confirmed case or a probable case, the WCHD will conduct contact tracing and will place household contacts, including siblings, in quarantine for 14 days. The WCHD will provide guidance on how to safely quarantine and isolate within the household

## What is the difference between "quarantine" and "self-isolation"?

QUARANTINE is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home. Self-isolate means that you *are* ill and need to separate from others to prevent spreading the virus to others. See <https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>

## What does "confirmed" or "probable" case of COVID-19 mean?

A CONFIRMED case means an individual has tested positive for COVID-19 by a laboratory test. A PROBABLE case means that an individual has COVID-like symptoms AND is epidemiologically linked (has a known exposure to a confirmed case) or is testing positive by an antigen test.

### **What are “fever-reducing medications”? What does it mean to be fever-free?**

The CDC defines a fever as a temperature of 100.4F or greater. Fever-reducing medications have the ability to do just that, reduce a fever. Individuals must be fever-free without the use of fever-reducing medications for at least 24 hours before returning to school. Examples of fever-reducing medications include Acetaminophen (Tylenol) and Ibuprofen (Motrin/Advil). For instructions on how to take on accurate temperature, see <https://www.mayoclinic.org/how-to-take-temperature/art-20482578>

### **What is contact tracing?**

Contact tracing is used by health departments to prevent the spread of infectious diseases. In general, it involves identifying people who have a confirmed or probable case of COVID-19 (cases) and people who they came in contact with (close contacts) and working with them to interrupt disease spread. It also includes asking people with COVID-19 to isolate and their contacts to quarantine at home voluntarily.

### **Who is considered a “close” contact?**

A close contact is anyone (with or without a face covering) who was within 6 feet of a confirmed case of COVID-19 (with or without a face covering) for at least 15 minutes throughout the course of a day

### **Who will do contact tracing?**

Contact tracing will be performed by the WCHD (sometimes in partnership with the IDPH or a community-based organization). Schools can assist by identifying close contacts with a confirmed case.

### **Is contact tracing only performed when a positive test is received?**

Contact tracing is performed for a confirmed case--- laboratory confirmed positive or a probable case--- person with clinically compatible COVID-like symptoms and epidemiologically linked (known exposure) to a confirmed case or testing positive by an antigen test

### **What happens if a student/staff member becomes ill at home?**

Any individual who becomes ill at home should NOT come to school. Families and staff should report any illness to the school *no later than* the morning of the first day of absence. The individual or a family member should contact their physician for guidance. **All individuals with COVID-like symptoms must provide documentation from their physician giving them the okay to return to school.** Refer to the section “*What actions should be taken by students/staff sent home with COVID-like symptoms? When can they return to school?*” for further information.

### **Do families need to contact the school if their student is sick, in quarantine, or self-isolating at home?**

YES - Families are required to contact Rockford Lutheran School any day that their student will not be in the building for scheduled in-person classes, sports or extracurricular activities. For health and safety reasons, the school is responsible for tracking which students are in the building on any given day. Parents/guardians should notify the school as quickly as possible with any confirmed or probable COVID-19 cases.

### **What should students/parents and staff members do if they think they have been exposed to COVID-19?**

If a student/staff member suspects that they (or a close family member) may have been exposed to COVID-19, they should contact their physician/WCHD for guidance. In addition, they must quarantine at home and monitor symptoms for 14 days before returning to school, even if they show no symptoms.

If symptoms do occur during quarantine, individuals should contact their physician for guidance as a “probable” case of COVID-19. Students/staff who are confirmed or probable cases of COVID-19 must-

- complete 10 calendar days of isolation from the date of first symptom onset AND
- be fever-free for 24 hours without use of fever-reducing medications AND
- have improvement of other symptoms BEFORE returning to school
- bring a doctor’s note documenting the COVID-19 test result and permission to return to school

**Are there any current domestic or international travel restrictions? Do students/staff need to quarantine if they travel to (or receive guests from) another state?**

There is widespread, ongoing transmission of COVID-19 worldwide. Anyone who has traveled internationally in the past 14 calendar days should stay home and monitor their health. Currently, there is no statewide guidance in Illinois for quarantining domestic travelers, however-

- Some counties (such as Winnebago) do *strongly recommend* 14 calendar days of quarantine for travelers returning from states with high community prevalence of COVID-19. See [https://www.wchd.org/images/COVID19/WCHD\\_TravelGuidance\\_08112020.pdf](https://www.wchd.org/images/COVID19/WCHD_TravelGuidance_08112020.pdf)
- **If traveling to (or receiving guests from) another state, we ask families to make a conscious and informed decision about sending their student to school. Our goal is to provide a safe learning environment for all students, staff, and faculty. Families should NOT send their student to school if they suspect that the student (or a close family member) has been exposed to COVID-19.**

**Do students need to quarantine if a parent works in a different state?**

The quarantine mandate does not apply to families who live in Illinois but *work* in another state (or vice versa).

**Are students allowed to attend school in person if a parent works in a COVID-19 hot spot?**

If the parent has not tested positive for COVID-19 and has not been directed to be tested or be self-quarantined, then the student will be allowed at school. However, please refer to the employer and the Winnebago County Health Department ([www.wchd.org/covid](http://www.wchd.org/covid)) for more specific guidelines. Likewise, families should NOT send their student to school if they suspect that the student (or a close family member) has been exposed to COVID-19.

**What academic accommodations will be made for students who are at home due to illness or self-quarantine?**

- @School Students - Students who attend school in person will be provided everything they need to complete their coursework at home, including the option to Zoom into their regular classes. Students who are sick will complete missing work once they have recovered.
- @Home Students - Students receiving instruction at home will already have everything they need to complete their coursework online. Students who are sick will complete missing work once they have recovered.

**How do I receive general and emergency texts from Rockford Lutheran?**

Communication with Rockford Lutheran families is very important to us. **We highly encourage families to sign up for text alerts** (in addition to phone and email alerts) in order to receive both general and emergency messages. To sign up for text alerts, simply **log onto Skyward and select "Skylert"** in the left-hand menu bar. Fill out the appropriate information and save before exiting.

**Where can I find the most current information regarding Rockford Lutheran School?**

FAQ sheets discussing current activities at Rockford Lutheran School may be found on the Rockford Lutheran School website at [www.rockfordlutheran.org/faqs/](http://www.rockfordlutheran.org/faqs/). Information on these FAQ sheets will be added and updated regularly as we receive new information.