

NOTES FROM THE NURSE

September 9, 2020

Dear Parents/Guardians,

- Hi there! I just wanted to send a note home to say thank you so much for your help these first few days! I cannot tell you how much I appreciate all of your patience and understanding.
- I know that our guidelines for exclusions from school seem extreme, but this is what we are doing to keep our school building open for as long as possible.
- **I would say that this is not the year to send your kids to school to “give it a try” if they are not feeling well. In many cases, this may require you to keep healthy siblings home too.**
- Please do not hesitate to call if you have any questions. I have attached the MDH Decision tree but am also listing the COVID-19 symptoms below. Please review both.

COVID-19 Symptoms

More common:

- Fever greater than or equal to 100.4 F
- New onset and/or worsening cough
- Difficulty breathing
- New loss of taste or smell

Less common:

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue
- New onset of severe HA
- New onset of nasal congestion or runny nose

If your child has any of the above symptoms, look at the COVID-19 Decision Tree.

(over)→

[MDH COVID-19 Decision Tree](#)

<https://www.health.state.mn.us/diseases/coronavirus/schools/exguide.pdf>

- Please read pages 2-5 of this document as well, it further explains the decision tree.

After studying the decision tree, it seems that if you have a child who is experiencing ONE “more common symptom” OR at least TWO “less common symptoms”, it may expedite a return to school for that child and siblings if the symptomatic child is tested for COVID-19 or a physician is consulted. If there is a negative result or an alternate diagnosis (ie. strep/bronchitis/ear infection etc), the child can return to school 24 hours after symptoms have improved and asymptomatic siblings can return to school right away.

Temperatures

I took temperatures with the infrared thermometers for the first couple of days last week just to see how it would go. Even with the milder temperatures, I did not find the readings to be accurate and sometimes it would error or read extremely low. After conversation with Mrs. Norgaard, the ISD 31 district nurse and reading CDC recommendations, we have decided to stop taking temperatures in the morning. I am relying on you (who know your children best) to screen for symptoms before dropping kids at school in the morning.

Thank you again for your patience and understanding. Please do not hesitate to contact me with any questions or concerns! I appreciate you and love having your kiddos back at school!

Kerry

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