



## COVID-19 INFORMATION FOR PARENTS

### Monomoy Health Services Department

While the standard MRSD Health Services procedures and guidelines remain in place, we have created expanded guidelines to address COVID-related issues. These guidelines were created in collaboration with our local Departments of Health, the state Department of Health, DESE, and the CDC.

**Daily Home Screening for Students:** Check your child daily for signs of illness. Please check your child's temperature every day before school (if you need a thermometer, please inform your school nurse). **If your child has any of the following symptoms, or close contact with a positive COVID-19 case, DO NOT SEND YOUR CHILD TO SCHOOL, and inform the school nurse.**

- Temperature of 100.0 or higher
- Cough (*not due to other known cause, such as chronic cough*)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache (*when in combination with other symptoms*)
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue (*when in combination with other symptoms*)
- Nasal congestion or runny nose (*not due to other known cause, such as allergies*)
- Close contact (*within 6 feet for 10-15 minutes*) to a positive COVID19 case
- Traveled to a state designated as high risk (per MA travel advisory)

Please see the attached Student Daily Health Checklist. We recommend posting this in a location such as your refrigerator or bulletin board, where you will see it each day.

**Emergency Contact Information:** Please make sure to share accurate contact information for yourself and for four (4) emergency contacts who are authorized to pick up your student, and update as needed. If the school nurse calls to dismiss your child, please do so within 30 minutes.

***If your child presents at the school nurse's office with COVID symptoms, you will receive a call to pick up your child and be referred to your child's health care provider for further instructions. They will need a medical note to return to school.***

***Each building has a separate designated assessment area for students or staff who are exhibiting COVID symptoms, in order to keep them apart from students with more routine health concerns.***

**Attendance:** Please call any absence into your child's school; if the absence is health related, please contact the school nurse directly.

### **Face coverings/masks:**

- Face coverings will be required to be worn by **all** students (PreK-12) and staff unless they have provided a doctor's note documenting a medical or disability exception.
  - Masks will be worn all day, including on the bus, with the exception of when eating breakfast/lunch, or during designated water/mask breaks
- Parents/guardians should supply the face mask
  - Please label the mask with your child's name
  - Please send an extra backup mask
  - If a student's mask is forgotten or becomes unusable and they do not have an extra, the school has masks available.
- Face coverings can be disposable surgical masks or reusable cloth masks and must:
  - fully cover the nose and mouth and be secure under the chin,
  - be made with at least 2 layers of breathable material,
  - fit snugly but comfortably against the side of the face,
  - be secured with ties or ear loops.
  - Neck gaiters, open chin triangle bandanas and face coverings containing valves, mesh material or holes of any kind will **not** be considered appropriate face coverings.

*Please be sure to wash reusable cloth masks daily.*

**Sunscreen/bug spray:** Teachers will be taking students outside as much as possible to benefit from fresh air and additional space. Please be sure to apply sunscreen and bug spray to your child before school each day to ensure they are protected from the elements while outdoors. These items will not be applied at school by teachers or staff.

**Hand Hygiene:** Hand hygiene remains one of the most important ways to stop the spread of illness. Students and staff are required to exercise hand hygiene (handwashing or sanitizing) upon arrival to school, upon entering or exiting classrooms, before and after eating, before putting on and taking off masks, after using the restroom, and before dismissal. If handwashing is not feasible, hand sanitizer with at least 60% alcohol will be available at key locations throughout the school and its use will be supervised by adults.

**If parents/guardians choose to opt their child out of using hand sanitizer, please send in a written notice to the school nurse.**

**Immunizations and Physicals:** All students (in-person, hybrid, and remote) must remain up to date with their required immunizations and physical exams. This includes the new requirements for the Meningococcal vaccine for grades 7 and 11 upon entrance, and seasonal influenza for ALL students by December 31, 2020.

**Questions:** If you have any questions regarding health and safety practices, please contact your child's school nurse.

- **Chatham Elementary School:** Jaime Staniels, [jstaniels@monomoy.edu](mailto:jstaniels@monomoy.edu), (508) 945-5135
- **Harwich Elementary School:** Holly Tavano, [htavano@monomoy.edu](mailto:htavano@monomoy.edu), and Christine Mulhall, [cmulhall@monomoy.edu](mailto:cmulhall@monomoy.edu), (508) 430-7216
- **Monomoy Regional Middle School:** Carol Fiocco, [cfiocco@monomoy.edu](mailto:cfiocco@monomoy.edu), and Amy Sullivan, [asullivan@monomoy.edu](mailto:asullivan@monomoy.edu), (508) 945-5140
- **Monomoy Regional High School:** Cheryl Dufault, [cdufault@monomoy.edu](mailto:cdufault@monomoy.edu), and Sara Sears, [ssears@monomoy.edu](mailto:ssears@monomoy.edu), (508) 815-5856