

# WEST MONROE HIGH SCHOOL QUICK REFERENCE FOR COVID 19 AND RELATED ABSENCES PHASE III

**Please self-screen! STAY HOME IF YOU ARE SICK! If you begin to feel sick in class report to the nurse immediately! If you do this within 15 minutes of class starting you could prevent quarantine of your classmates.** If you have any of the following symptoms such as: fever 100.4 degrees Fahrenheit or greater, chills, loss of taste or smell, sore throat, runny nose, nausea, fatigue, muscle aches you are expected to stay home or will be sent home. **During phase III classes will be less distanced so your self-screening is extremely important!**

**Please self-report!** If you are sick, think you have COVID19 or you tested positive you should contact the school immediately. During school hours call 318-323-3771 extension 214. Ask to speak to Mrs. Amy Johnson, Attendance Secretary or Mrs. Judy McMichael school nurse. Email each of your teachers. Mrs. Johnson's email is [amyjohnson@opsb.net](mailto:amyjohnson@opsb.net). Nurse McMichael may be reached at 318-323-3771 at extension 280, her email is [judymcmichael@opsb.net](mailto:judy McM Michael@opsb.net). REMEMBER absences will be excused.

## **COVID 19 PROTOCOLS:**

**-Masks are Mandatory. Distancing is still important and expected as much as possible. Wash and Sanitize hands. Wash and dry your mask daily. Avoid touching your face.**

**-Sick at School:** If you are sick at school you will be removed from class and distanced from others. Your parents will be contacted. Mrs. Johnson and Nurse Judy McMichael will coordinate this communication. Administrators will identify possible exposures.

**Exposure, "6 &15 rule":** Anyone within 6 feet for 15 or more minutes of a person that is suspected or confirmed to have COVID 19, will be required to begin quarantine.

**48 hour rule!** Anyone exposed within the 48 hours before someone's first symptom appeared will be required to quarantine.

**Quarantine:** A person must quarantine (stay home) for the 14 day incubation period.

- Quarantine begins when first exposed to a person with COVID 19 symptoms.
- If the person with symptoms tests negative and receives an alternative diagnosis from a doctor, the 14 day quarantine will end and the exposed student will be cleared by Mrs. Johnson to return.
- If the person with symptoms tests positive for COVID 19 then the exposed student must complete the 14 day quarantine beginning from first exposure.
- If a quarantined student begins symptoms they must contact Nurse McMichael and Mrs. Johnson immediately. Consult your medical provider immediately for testing. You may be positive for COVID 19.

**\*\*\*\*NOTE: IT IS NOT POSSIBLE TO TEST OUT OF QUARANTINE!\*\*\*\***

**- Isolation:** A person positive for COVID 19 must isolate for a minimum of 10 days from the onset of symptoms. Isolation ends when the person is fever free, and symptoms are greatly reduced without fever reducing medication for 24 hours. See CDC guidelines for more on isolation.

**-PCR COVID-19 tests are done in our school based health clinic. These are considered more reliable tests.**

**MAKE UP WORK:** Students should check Google Classroom for any missed work. Additionally you should reach out to your teacher via email. You are expected to complete work during your absence. In most cases you should return caught up on assignments.

## **RETURN TO SCHOOL:**

**Return to school must be approved by Mrs. Johnson BEFORE a student returns to campus from quarantine or isolation.** The Louisiana Department of Health, Return To Work/School form must be completed. This form will be sent home with any student that is ill. This form can also be found on [gorebs.org](http://gorebs.org). NOTE: If a teacher thinks you returned to school before the approved date the teacher will ask you to step onto the hall while verification is made. Please be patient with this precaution.

\*\*\*\*\*THIS IS MERELY A QUICK REFERENCE FLIER. PLEASE REFER TO THE CDC AND\*\*\*\*\*

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