

# Healthy Panthers

September

We are very excited to have students back on campus and are looking forward to a safe and healthy year. We would like to outline some of the guidelines regarding the Nurse's Office here at Pinewood.

*Please save this information for future reference.*



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## Protecting Physical Health

**Handwashing:** Washing hands is one of the **BEST** ways to not only prevent the spread of COVID, but other illnesses as well. You can help your child properly wash their hands by teaching them to sing a song like the ABC's or count to 20 every time they wash their hands.

**Staying home when sick:** It is extremely important that everyone stays home if they are experiencing health symptoms related to illness. In order to keep everyone as healthy and safe as possible, we need to have children who are ill stay at home. A child who is sick will not perform well in school and could spread the illness to other students or staff. Please know that we will be following the **current CDC guidelines for COVID** to ensure the safety of students and staff. Absence reporting is required through [Panther Tracks](#).

### Current CDC Guidelines:

Any student that tests **COVID POSITIVE** may return to school **FIVE** days from the **ONSET** of their symptoms **OR** positive test date if asymptomatic and IF symptoms are improving and fever free for 24 hours; masks are **RECOMMENDED** on days 6-10. Day **ZERO** is the first day of symptoms.

Any student **EXPOSED** to **COVID** and is **ASYMPTOMATIC** (showing **NO** symptoms) can return to school (**NO** quarantine); **RECOMMENDED** to test on day **FIVE** and mask for **TEN**.

**Know your resources:** Talk to your child's healthcare provider, school nurse, or the local health department to identify resources that may be helpful if your child develops sick symptoms.

**Stay up to date on vaccinations:** Staying up to date on routine vaccinations is essential to prevent illness from many different infections. COVID-19 vaccination helps protect eligible people from getting severely ill with COVID-19. For COVID-19, staying up to date with COVID-19 vaccinations is the leading public health strategy to prevent severe disease. Not only does it provide individual-level protection, but high vaccination coverage reduces the burden of COVID-19 on people, schools, healthcare systems, and communities.

**REMEMBER:** The transition back to school often means back to germs. Pinewood has preventative measures in place to reduce the spread of germs, together, we can help keep everyone safe!

If you have any questions or concerns, please contact our school nurse, BriAnne Bell.

