

August 2020

Memo: 2020-2021 School Surveillance



Dear Parents/Caregivers:

As another busy school year begins, we would like to take the chance to explain what school surveillance is and how it benefits the schools and communities. Weekly school surveillance is conducted every Wednesday by North Central District Health Department (NCDHD), which is our local health department. Information is collected from the schools every Wednesday throughout the school year regarding the number of students absent for that day and the reasons for the absences. Additional information will be collected if there are clusters of illness.

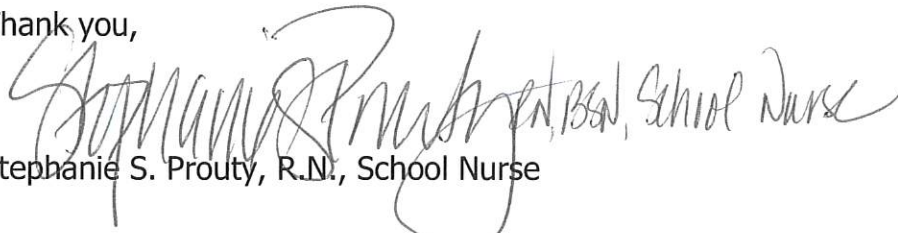
School surveillance is a state-wide effort that is used for early recognition of disease outbreaks throughout Nebraska in order to treat the diseases, such as influenza and COVID-19, promptly and stop the spread of the disease as quickly as possible. It is important to remember, when you call the school to let them know your child is ill, please let them know what symptoms your child is experiencing. If your child has vomiting, diarrhea and fever, let the school know those specific symptoms. This information is very beneficial in tracking different types of illnesses.

It is also important to remember that if your school should happen to close during the school year due to many students absent with influenza or COVID 19, that parents keep children home and not allow them to congregate with friends. This will help prevent the spread of illness.

Remember, if your child is ill you need to keep them home. If presenting with a fever they need to remain out of school until fever free for 24 hours without the use of fever-reducing medication. If you child experiences diarrhea or vomiting, they also need to remain out of school for at least 24 hours from the last episode. This is in effort to prevent the spread of sickness at school.

If you have any questions please contact O'Neill Elementary at #402-336-1400, O'Neill Jr.-Sr. High at #402-336-1544 or you can call Elizabeth or Heidi at North Central District Health Department at #402-336-2406.

Thank you,


Stephanie S. Prouty, R.N., School Nurse

Agosto de 2020

Memo: 2020-2021 Vigilancia Escolar



Estimados padres/cuidadores:

A medida que comienza otro año escolar ocupado, nos gustaría aprovechar la oportunidad para explicar qué es la vigilancia escolar y cómo beneficia a las escuelas y comunidades. La vigilancia escolar semanal se lleva a cabo todos los miércoles por el Departamento de Salud del Distrito Central Norte (NCDHD), que es nuestro departamento de salud local. La información se recopila de las escuelas todos los miércoles durante todo el año escolar sobre el número de estudiantes ausentes para ese día y las razones de las ausencias. Se recopilará información adicional si hay grupos de enfermedades.

La vigilancia escolar es un esfuerzo estatal que se utiliza para el reconocimiento temprano de brotes de enfermedades en todo Nebraska con el fin de tratar las enfermedades, como la gripe y COVID-19, rápidamente y detener la propagación de la enfermedad lo antes posible. Es importante recordar, cuando llame a la escuela para hacerle saber que su hijo está enfermo, por favor hágale saber qué síntomas está experimentando su hijo. Si su hijo tiene vómitos, diarrea y fiebre, informe a la escuela de esos síntomas específicos. Esta información es muy beneficiosa en el seguimiento de diferentes tipos de enfermedades.

También es importante recordar que si su escuela debe llegar a cerrar durante el año escolar debido a que muchos estudiantes ausentes con gripe o COVID 19, que los padres mantienen a los niños en casa y no les permiten congregarse con amigos. Esto ayudará a prevenir la propagación de enfermedades.

Recuerde, si su hijo está enfermo, debe mantenerlo en casa. Si presentan fiebre, deben permanecer fuera de la escuela hasta que la fiebre esté libre durante 24 horas sin el uso de medicamentos para reducir la fiebre. Si su hijo experimenta diarrea o vómitos, también debe permanecer fuera de la escuela durante al menos 24 horas desde el último episodio. Esto es un esfuerzo para prevenir la propagación de la enfermedad en la escuela.

Si tiene alguna pregunta, comuníquese con la Primaria O'Neill al #402-336-1400, O'Neill Jr.-Sr. High al #402-336-1544 o puede llamar a Elizabeth o Heidi al Departamento de Salud del Distrito Central del Norte al #402-336-2406.

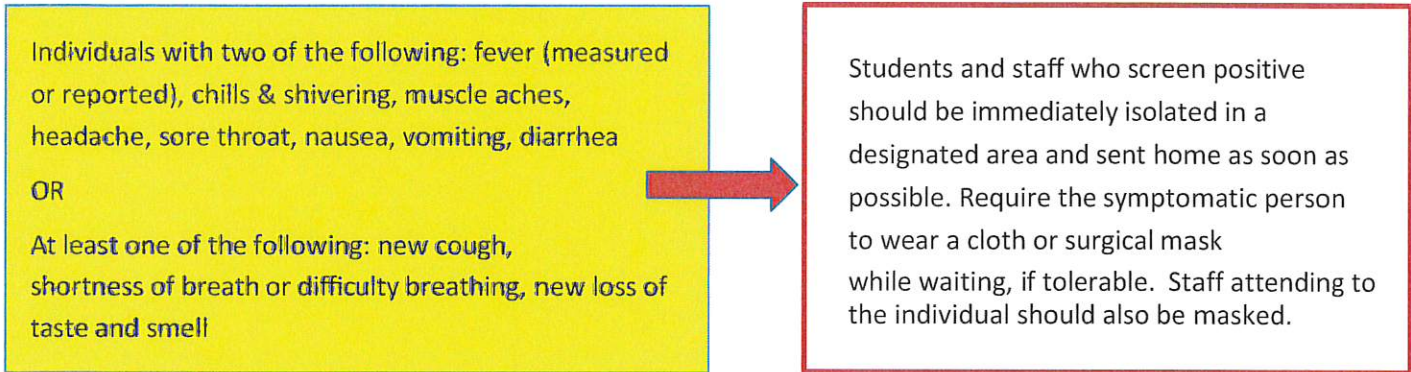
Gracias


Stephanie S. Prouty, R.N., Enfermera Escolar

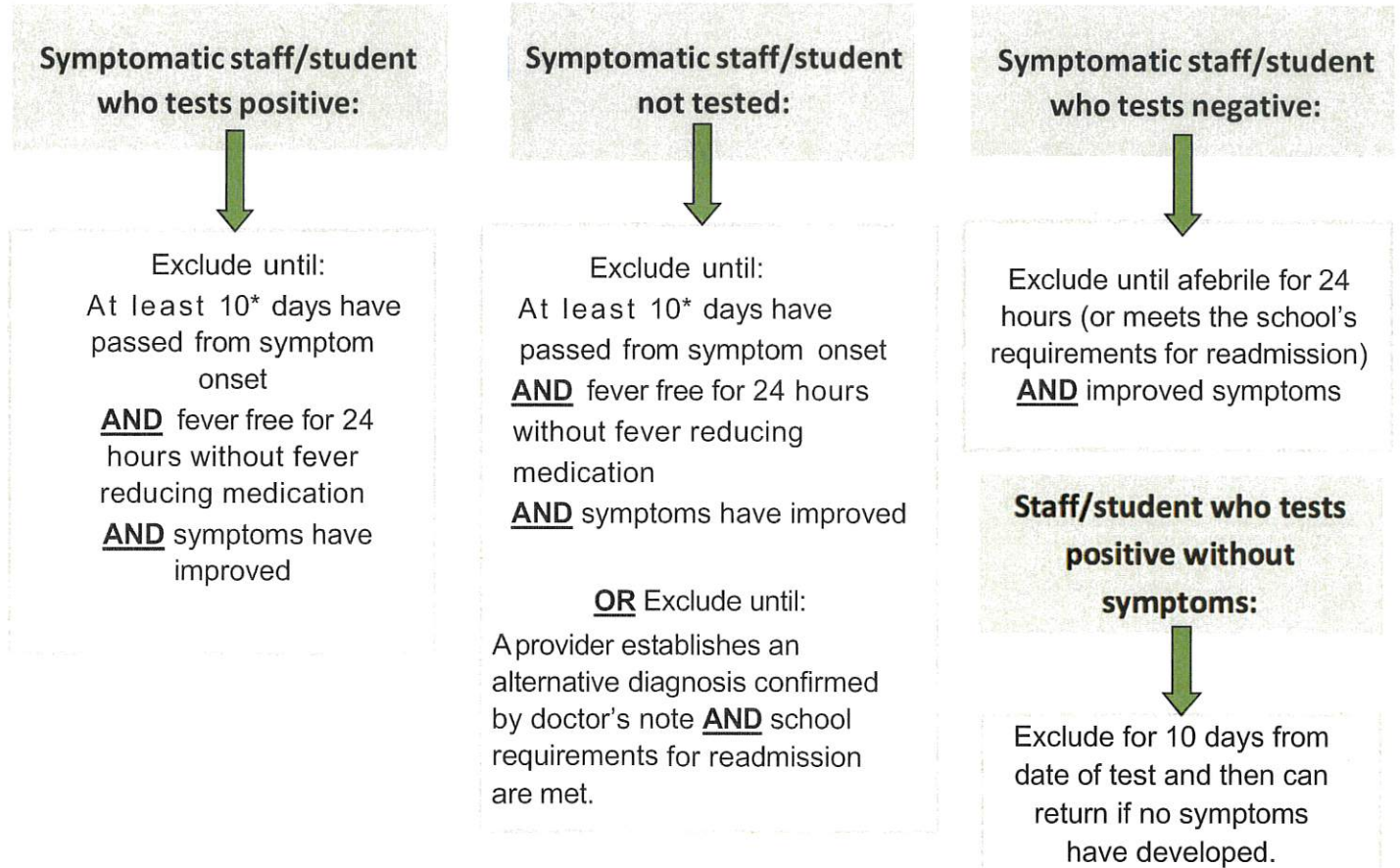


Public Health Recommendations for the Screening, Exclusion, and Re-Admittance of Symptomatic Students and Staff for COVID-19 in Schools

The following symptom screening criteria for ill students and staff is based on the most current research (and will change with new findings). Because people with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness, the following criteria has been developed to assist schools in identifying presumptive positive COVID-19 cases.



Re-Admittance to School



There is no reason for a student or staff member to get a "negative test" to be cleared for the return to school. A COVID-19 positive individual does not need a repeat COVID-19 test or a doctor's note to return.

If a student or staff member tests positive for COVID-19, please call NCDHD at 402-336-2406.

WHEN TO SEE THE NURSE....

- ◆ *You feel like you have a fever*

→ **When any of the following symptoms are present with a fever**

- ◆ *Chills & Shivering*
- ◆ *Muscle Aches*
- ◆ *Headache*
- ◆ *Sore Throat*
- ◆ *Nausea/Vomiting*
- ◆ *Diarrhea*

→ **If ANY of the following suddenly develop**

- ◆ *Cough*
- ◆ *Shortness of Breath/Difficulty Breathing*
- ◆ *Loss of Taste and/or Smell*

WHAT TO EXPECT WHEN YOU SEE THE NURSE FOR ANY OF THE ABOVE....

- You will be placed in an area to keep you isolated until someone arrives to take you home
(EVERYONE MUST HAVE AN EMERGENCY CONTACT PERSON)
- You will be required (if you aren't already) to wear a mask while waiting, if tolerable

WHEN YOU CAN RETURN TO SCHOOL....

❑ **IF YOU TEST POSITIVE FOR COVID-19**

-Exclusion from school for at least 10 days since your symptoms first started
AND

-You are fever free for 24 hours WITHOUT any fever reducing medications (such as acetaminophen or ibuprofen)

AND

-Your symptoms have improved

❑ **IF YOU HAVE SYMPTOMS BUT AREN'T TESTED FOR COVID-19**

-Exclusion from school for at least 10 days since your symptoms first started
(unless you receive a note from your doctor stating that you have another diagnosis that is permissible per school readmission requirements)

AND

-You are fever free for 24 hours WITHOUT any fever reducing medications (such as acetaminophen or ibuprofen)

AND

-Your symptoms have improved

❑ **YOU TEST NEGATIVE FOR COVID-19**

-You are fever free for 24 hours WITHOUT any fever reducing medications (such as acetaminophen or ibuprofen)

AND

-Your symptoms have improved

❑ **YOU DON'T HAVE SYMPTOMS BUT TEST POSITIVE FOR COVID-19**

-Exclusion from school for 10 days from date of test if no symptoms develop within those 10 days

CUÁNDO VER A LA ENFERMERA....

- ◆ *Usted siente que tiene una fiebre*

→ **Cuando cualquiera de los siguientes síntomas se presentan con fiebre**

- ◆ *escalofríos y de temblor*
- ◆ *Dolores musculares*
- ◆ *Dolor de cabeza*
- ◆ *Dolor de garganta*
- ◆ *náuseas / vómitos*
- ◆ *Diarrea*

→ **Si cualquiera de los siguientes unrepentino desarrolle**

- ◆ *tos*
- ◆ *falta de aliento / dificultad al respirar*
- ◆ *pérdida del gusto y / o Huela*

QUÉ ESPERAR CUANDO VEA A LA ENFERMERA POR CUALQUIERA DE LO ANTERIOR ...

- Lo colocarán en un área para mantenerlo aislado hasta que alguien llegue para llevarlo a casa **(TODOS DEBEN TENER UNA PERSONA DE CONTACTO DE EMERGENCIA)**

- Se le solicitará (si aún no lo ha hecho) para usar una máscara mientras espera, si es tolerable

CUANDO PUEDA REGRESAR A LA ESCUELA....

☐ **SI TIENE UN RESULTADO POSITIVO PARA COVID-19**

-Exclusión de la escuela durante al menos 10 días desde que comenzaron sus síntomas

Y

-No tiene fiebre durante 24 horas SIN ningún medicamento para reducir la fiebre (como acetaminofén o ibuprofeno)

Y

-Sus síntomas han mejorado

☐ **SI USTED TIENE SÍNTOMAS PERO NO SE HAN HECHO LA PRUEBA DE COVID-19**

-Exclusión de la escuela durante al menos 10 días desde que comenzaron sus síntomas (*a menos que reciba una*

nota de su médico que indique que tiene otro diagnóstico que está permitido según los requisitos de readmisión escolar)

Y

-No tiene fiebre durante 24 horas SIN ningún medicamento para reducir la fiebre (como acetaminofén o ibuprofeno)

Y

-Sus síntomas han mejorado

☐ **USTED PRUEBA NEGATIVA PARA COVID-19**

-No tiene fiebre durante 24 horas SIN ningún medicamento para reducir la fiebre (como acetaminofeno o ibuprofeno)

Y

-Sus síntomas han mejorado

☐ **NO TIENE SÍNTOMAS PERO PRUEBA POSITIVA PARA COVID-19**

-Exclusión de la escuela durante 10 días a partir de la fecha de la prueba si no se presentan síntomas dentro de esos 10 días

SYMPTOM GUIDE FOR INFLUENZA, COVID-19 AND STOMACH VIRUS

Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed.

Flu and COVID-19 can have different signs and symptoms, ranging from no symptoms to severe symptoms.

Stomach virus (stomach flu) can sometimes be confused with the Flu as many people call it that. The stomach virus is an infection of your stomach and intestinal tract and is usually spread by contact with an infected person or through contaminated food or water.

SYMPTOM	INFLUENZA (FLU)	COVID-19	STOMACH VIRUS
Fever (higher than 100.4 F)	Common	Common	Rare
Headache	Common	Common	Rare
Muscle pain or body aches	Common	Common	Sometimes
Fatigue, weakness	Common	Common	Sometimes
Congestion or runny nose	Sometimes	Common	Rare
Chest Discomfort, cough	Common	Common	Rare
Sore Throat	Sometimes	Common	Rare
New loss of taste and smell	Rare	Common	Rare
Vomiting and/or nausea	Rare	Sometimes	Common
Stomach ache, pain	Rare	Sometimes	Common
Diarrhea	Rare	Sometimes	Common

