

Dear Palisades Families,

As part of the Palisades School District Health and Safety Plan, we want to make sure you are aware of the procedures and protocols in place in our nursing offices to ensure the safety of our students and staff.

Please see the information below detailing this information:

- Please make sure your child's power school information is up to date by completing the Returning Student Registration Form (please use the link provided to you in previous emails sent). It is very important to have updated emergency contact information. Please contact [dholmes@palisd.org](mailto:dholmes@palisd.org) if you need assistance.
- Please screen your children for possible Covid-19 symptoms every day before coming to school. Watch for symptoms:
  - People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
    - Fever or chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache
    - New loss of taste or smell
    - Sore throat
    - Congestion or runny nose
    - Nausea or vomiting
    - Diarrhea

\*This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

- **Please keep your child home if they present with any of the possible symptoms.** If they have symptoms, do not medicate your child and then send him /her to school.
- Students who demonstrate signs/symptoms of COVID-19 will be sent to the school nurse.
- School nurses will utilize the "Student Screening Tool" and if determined necessary, the student will be guided to an isolation area. Pre-existing conditions will be taken into consideration during screening.
- Family members will be called and will be required to pick the student up as soon as possible.
- You will be provided with the *Return to School Guidelines*. This document will state what is needed for the child to return to school based on guidance from the Bucks County PA DOH.
- The Bucks County Department of Health will issue clearance for students to return if they have tested positive for Covid-19.
- The Bucks County Department of Health along with Palisades School District administration will notify families if their child has been exposed to anyone testing positive for Covid-19.

The attached forms will be used in all nursing offices and are provided for your information:

1. [Student Screening Tool- click to see form](#)
2. [Return to School Guidelines - click here](#)

If you have any questions, please contact your building principal.

# 10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



1519823 4 07/2020

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)