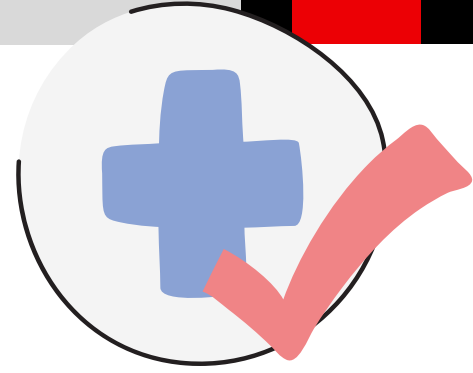




# RETURN TO LEARN

Last Revised // March 2024

In the Central Decatur Community School District, the health and safety of our students, staff, and families remains our top priority. To that end, we are continuing to take steps to reduce the spread of illness in our schools.



## RESPIRATORY VIRAL ILLNESS

In accordance with the Iowa Department of Health and Human Services, the criteria for child illness and exclusion in education and child care settings, regarding COVID guidance, have changed to align with guidance for other respiratory illnesses (such as cough and cold symptoms), including Influenza, COVID, and RSV. COVID infections will now be managed similarly to other respiratory illnesses, utilizing a symptom-based approach to isolation consistent with recommendations for viral respiratory infections.

The new guidance stipulates that both staff and students should be excluded from school until they have been **fever-free for 24 hours** *without the use of fever-reducing medication*, and their respiratory symptoms are mild and showing signs of improvement.

### SAFETY MEASURES TO CONSIDER

To safeguard yourself and others from COVID-19 and other respiratory viruses, consider the following measures:

- **Get Vaccinated:** Prioritize staying current with COVID-19 vaccinations, which serve as the primary defense against the virus.
- **Practice Proper Hand Hygiene:** Wash your hands frequently with soap and water for at least 20 seconds. Important times to wash hands include:
  - Before and after eating food
  - Before touching your eyes, nose, or mouth
  - After using the toilet
  - After blowing your nose, coughing, or sneezing
  - After leaving a public place
  - After touching objects or surfaces frequently handled by others, such as doorknobs, phones, keyboards, etc.
- **Utilize Hand Sanitizer:** If handwashing is not feasible, use alcohol-based hand sanitizer. However, it's important to note that hand sanitizer should only be used when hands are not visibly dirty.
- **Stay Home When Ill:** If you're feeling unwell, refrain from going to work or school, and encourage others to do the same to prevent the spread of illness.
- **Regularly Disinfect Surfaces:** Keep surfaces in your home clean by regularly disinfecting them to minimize the transmission of germs.





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## DAILY PRACTICES IN OUR SCHOOLS

- Frequent hand washing and/or hand sanitizing.
- Cough/sneeze etiquette will be reviewed and reminders shared as needed.
- Routine cleaning of schools and disinfecting surfaces that are touched often.
- Both water bottle filling stations and drinking fountains will be available for use.
- HVAC air filters will be changed on a more frequent basis.
- Face masks are optional inside district buildings and while riding on a school bus/van.



## MONITORING & REPORTING ILLNESSES

- We ask parents and guardians to continue monitoring their children's health. If your child has a temperature of 100.4 or higher, we ask that you keep your child home, observe for symptoms such as sore throat, rash, vomiting, or diarrhea, and follow up with your healthcare provider.
- If your child does not have a temperature, but is feeling ill and the illness prevents your child from participating comfortably in academics/activities, please keep your child home until illness symptoms have passed.
- Please continue to be aware of the following COVID-19 symptoms:
  - High-risk symptoms include a new cough, shortness of breath, difficulty breathing, or a loss of taste or smell.
  - Other symptoms include fever and/or chills, sore throat, headache, body aches, fatigue, runny nose, congestion, nausea, vomiting, and diarrhea.
  - Students with COVID-19 symptoms should contact their healthcare provider for further evaluation.
- When calling in your child absent from school, please be sure to contact your school's attendance center to provide your student's name, grade, symptoms, temperature, and any other information we may need.
- Please contact your school nurse and report if your child is diagnosed with COVID-19.
- Please contact your school nurse or physician if you have questions regarding potential exposures outside of school.

