

# Lake Wales Charter Schools

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## **Student/Staff Sick Policy during COVID-19 Pandemic**

The purpose of this policy is to give guidance to Lake Wales Charter Schools students and staff during the COVID-19 pandemic regarding sickness. While we know not all illnesses are due to an infectious disease, we choose to error on the side of caution when implementing policy. These guidelines have been carefully considered to address and promote the safety, health, and welfare of our community. These procedures have been thoughtfully developed with local, state, and national guidance to ensure best practice.

### **Symptoms/Situations Requiring Absence:**

- 1) Active nausea, vomiting or diarrhea;
- 2) Temperature of 100.4 or higher, chills, generalized body aches/fatigue;
- 3) Headache that is continuous, and atypical for those who suffer from frequent headaches/migraines;
- 4) Shortness of breath or difficulty breathing, cough, sore throat, congestion, loss of taste or smell;
- 5) Positive COVID-19 test results with or without any symptoms
- 6) When you have had direct contact, within 6 ft for 15 minutes (cumulative) with an individual who has tested positive for COVID-19. (Your contact to them must have been within the 48 hours prior to them testing positive or developing symptoms.)
- 7) If you live in the home with someone who has tested positive for COVID-19;
- 8) The first 24 hours of various antibiotic treatments (i.e. for strep throat, pink eye, etc.)
- 9) Undiagnosed, new, and/or untreated rash or skin condition (i.e. generalized hives, wound with purulent drainage, etc.)
- 10) Doctor's note requiring an individualized plan of care to stay home.

### **When to Return:**

- 1) Known COVID-19 symptoms include **fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion, nausea, vomiting, and diarrhea**. You will be required to contact your primary care provider for diagnosis and or a PCR COVID test. If you have no primary care provider, the department of health will provide COVID testing at no charge. You must have a note signed by your doctor with an alternate diagnosis with a date for you to return or a negative PCR COVID test prior to returning to school/work.
- 2) If you have recently received your COVID-19 vaccine and begin to have pain, redness, or swelling at the site where you were vaccinated, or experience fatigue, headache, muscle pain, chills, fever, or nausea **within the first 48 hours after vaccination** this is expected. In most cases, this is a normal sign that your body is building protection. However, you will need to remain home until these symptoms have improved. If they have not improved after 48 hours you will be required to have a doctors note before returning to school/work.

- 3) If you are COVID positive with or without symptoms, you will be required to complete a minimum 10-day isolation period from symptom onset or your positive test result (whichever came first). Once your 10 days have been completed, if your symptoms are improving and you have been fever-free for 24 hours without the use of fever reducing medications you will be allowed to return to school/work. You will not be required to have a negative COVID test to return. If your symptoms are not improved by day 10, you will need to continue to isolate until your symptoms improve and you have been fever-free for 24 hours without fever reducing medications.
- 4) If you have been identified as a direct contact to a known COVID positive case the options to end your quarantine are as follows:•
  - After Day 10- without testing and if no symptoms have developed during daily monitoring, or
  - After Day 7- with a negative COVID PCR diagnostic test, taken no sooner than day 5 post exposure and no symptoms have developed during daily monitoring.
  - No quarantine required- if you are 14 days or more past your 2<sup>nd</sup> dose in a 2-dose vaccine series, such as the Pfizer or Moderna vaccines, or 14 days after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.
  - No quarantine required- if in the last 3 months you were diagnosed with COVID-19.
- 5) If you live in the home with someone who has tested positive for COVID-19 you will be required to quarantine for 10-days after your last exposure to that person. If you will continue to have daily interaction/direct contact with the positive person during their isolation, you will quarantine for the duration of their isolation, plus 10-days to observe for possible symptom development.
- 6) After 24 hours on antibiotics for variety of bacterial causes.
- 7) Doctor's note of clearance for various student/staff-specific medical conditions.

\* The CDC continues to recommend a 14-day quarantine if you are identified as a direct contact of a known COVID positive case. However, local public health authorities can establish other quarantine options depending on the local circumstances and resources.

This policy was made using current CDC guidelines and recommendations. This policy should be expected to change as new information is available from CDC and local and state Department of Health.