

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, 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 you will be required to complete 10 days of quarantine. If during this time you develop any symptoms known of COVID-19 you will need to consult your primary care doctor for evaluation and COVID testing. CDC endorses a 14-day quarantine, but has provided guidelines to reduce quarantine times in conjunction with local public health authorities. LWCS will enact guidelines and direction given from Polk County Department of Health to allow for a 10-day quarantine. After completing the 10-day quarantine you should monitor for symptoms until 14 days after your exposure. If you have symptoms, immediately self-isolate and contact School Health Services and your healthcare provider for evaluation and COVID testing.
- 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) If you have recently (within the last 3 months) recovered from a COVID-19 diagnosis, and have been identified as a direct contact of a positive case, per current CDC guidelines you will not be required to quarantine.
- 7) After 24 hours on antibiotics for variety of bacterial causes.
- 8) Doctor's note of clearance for various student/staff-specific medical conditions.

Additional Information:

The CDC recognizes that there is still much to learn about COVID-19, including how effective the vaccines are against variants of the virus that causes COVID-19. "Early data show the vaccines may work against some variants but could be less effective against others." Therefore, if you have had the COVID vaccine you will still be required to follow the above sick policy until additional information is available through the CDC and/or local and state Department of Health regarding their effectiveness to prevent spread of the virus.

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