

Regardless of COVID-19, your student should not be in school if they have had a fever over 100 degrees, vomiting, diarrhea, or an undiagnosed skin rash in the last 24 hours. Students should remain home any time they are too ill to participate in their education.

What if my student has symptoms of COVID-19?

To determine whether or not your student should stay home and follow-ups if necessary, please follow the 5 steps below:

- 1) Identify what symptoms your student has:
 - a) More Common symptoms:
 - Fever of 100 degrees Fahrenheit or higher
 - New cough or worsening cough
 - Difficulty or hard time breathing
 - New loss of taste or smell
 - b) Less common symptoms:
 - Sore throat
 - Nausea
 - Vomiting
 - Diarrhea
 - Chills
 - Muscle pain (without a clear alternate cause)
 - Extreme fatigue or feeling very tired
 - New severe or very bad headache
 - New nasal congestion, stuffy, or runny nose
- 2) If your student has ONE more common symptom, or TWO less common symptoms **one of three things must occur before your student may return to school**:
 - a) They receive a negative COVID test that is emailed or faxed
Email: attendance@pimartshs.org
Fax: (952)-224-2955, attention: Marz & Office
OR
 - b) They receive an alternate diagnosis from a medical provider (documentation should be provided to the school via fax or email)
OR
 - c) They stay home to quarantine for 5 days (1st day of symptoms is classified as day 0)

After one of the above items is completed your student MUST:

- Have Improvement in all symptoms
- Be fever free for 24 hours prior to returning to school

- Be able to participate in their education upon return to school
- 3) If your student needs to stay home for any quantity of time, **please contact the attendance line** via phone or email as soon as possible.
Phone: **(952)-224-1340**, dial 2 to reach the attendance voicemail
Email: attendance@pimartshs.org
- 4) **Call or email the attendance line each day your student is out** - even if you are waiting for COVID testing or testing results. Please contact us each day just so we can stay up to date with your student's health information, and provide the necessary academic support they need while they are at home.
- a) If your student will be staying home for 5 days either due to a positive COVID-19 test result, or because you would prefer your student to quarantine rather than get tested, please notify us as soon as possible. You do not need to contact us each day of the 5-day quarantine process once we are aware of this plan. **You will need to contact us after the 05-day of quarantine to update us on your student's condition.**
- 5) Once you receive NEGATIVE test results or alternate diagnosis from a medical professional:
- a) For COVID test results, email an image of your student's negative test results OR have them faxed from a medical provider. These results must clearly include:
- Your student's name
 - Clearly indicate the results are for a COVID-19 test
 - Clearly indicate that the results are negative
 - Include the date taken
- b) For alternate diagnoses, please have the medical office send a record of the diagnosis and visit date. These records can be emailed or faxed to us.
Email: attendance@pimartshs.org
Fax: **(952)-224-2955**, attention: Neco & Office

If you have questions and would like to speak with our Licensed School Nurse, Tara Meyer, her contact informations is:

Phone: **(612) 202-8802**

Email: tara@navigatecare.com

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