

Pulaski County Public Schools

COVID-19 Information

Our priority is ensuring that students and staff have as safe and healthy learning environments as possible to return to school this fall.

There is a lot of information and misinformation circulating about the transmission of COVID-19, and we are committed to continuing to provide up to date information based on the latest research. We are receiving guidance from Centers of Disease Control (CDC), Virginia Department of Education (VDOE), Virginia Department of Health (VDH), VDOE School Health Specialist and Dr. Bissell, New River Health Director.

Signs and Symptoms of COVID-19 include:

- Fever or chills (100.4 degrees F)
- Cough, Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- New loss of taste or smell
- Nausea or vomiting, diarrhea

This list does not include all possible symptoms. CDC continues to update this list as we learn more.

Students and staff will be screened for symptoms and history of exposure each day upon arrival to school. We must treat all students and staff who have any symptoms of COVID-19 as potentially positive for COVID-19 so we will send them home. Parents/guardians should do a wellbeing check at home on their child each morning **and not send them to school if they are having any symptoms of COVID-19**. Parents/guardians should contact their health care provider/local health department if their child is sick or having symptoms of COVID-19 for evaluation, treatment and information about when they can return to school.

Teachers and staff should stay home if they are sick or having any symptoms of COVID-19.,

1. Parent/guardian will need to notify their child's school each morning by 9:00 a.m. if they are sick or will not be at school. The school nurse will coordinate with secretary to monitor school absenteeism. Administration will be notified of any large increase in student/staff absences and local health department will also be notified.
2. Any cases of COVID-19 will be reported to the New River health District and PCPS will follow their guidance on how to manage these cases.

COVID-19 is thought to spread mainly through close contact from person to person through respiratory droplets generated by coughing, sneezing, singing, and talking from an infected person. PCPS is using the following strategies to prevent the spread of COVID-19:

1. **Mask/Face coverings**- masks/face coverings protect the general public against COVID-19 infection. Parents/guardians should provide their child with face coverings. Reusable masks/face coverings provided by families should be washed daily.
2. **Physical distancing** - is another practice that helps to mitigate transmission of the virus. Students and staff will maintain at minimum 3 feet and aim for 6 feet when feasible.
3. **Screening** all students and staff upon entry each day.
4. **Cough etiquette** - Cover your mouth and nose with a tissue when coughing or sneezing. If you don't have a tissue use your elbow.
5. **Handwashing** –is the single most effective infection control measure because it removes the virus. **Hands should be washed frequently during the day with soap and water for at least 20 seconds.**
6. **Hand sanitizing**-if handwashing is not feasible, hand sanitizer with at least 60 percent ethanol or 70 percent isopropanol content can be used.
7. **Isolation area**- each school will have an isolation space available for any students who have symptoms of COVID-19 at school to minimize transmission until they are sent home.
8. **School Health Clinics** – will be maintained by the school nurse as a well student area for those students that have scheduled medical needs and injuries. School nurses will be wearing appropriate personal protection equipment (PPE).

Students and staff who have symptoms of COVID-19 and were directed to care for themselves at home may return under the following conditions:

- At least 2 days (24 hours) have passed since recovery defined as no fever without use of fever-reducing medications; **and** improvement in symptoms **and**
- at least 10 days have passed since symptoms first appeared.

Students and staff returning to school after an absence due to COVID-19 related illness may return to school with the following criteria met:

- at least 2 days (24 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications; **and** improvement in symptoms; **and**
- At least 10 days have passed since symptoms first appeared
- Healthcare provider notice to allow student's return to school.