



ARLINGTON CENTRAL SCHOOL DISTRICT UNION VALE MIDDLE SCHOOL

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Hello UVMS Families,

We would like to thank the UVMS community for continued diligence in keeping students home when not feeling 100%. The commitment of the UVMS community to the health and safety of our students and staff is essential. In New York State we are seeing a slight increase in positive cases of COVID-19 and with the Flu season upon us, we wanted to reach out, reinforce and provide additional guidance for families dealing with illness.

SCREENING

Please complete the online Arlington STUDENT screener each day of in person learning. You must be logged in under each students account, and complete one for each of your children. Daily at home temperature screening is required as part of the screening process.

STUDENTS WITH ILLNESS:

The symptoms of COVID-19 have been identified by the Department of Health as:

- Temperature above 100 degrees
- Fever or chills
- Cough
- Loss of taste or smell
- Fatigue
- Sore throat
- Shortness of breath/trouble breathing
- Nausea, vomiting or diarrhea
- Muscle pain or body aches
- Headache
- Runny nose and congestion

Guidance from the Department of Health states that a student exhibiting even **one** symptom of COVID-19 must not attend in-person school. Students cannot return to in-person school until cleared by a physician with documented specific return date and alternate diagnosis. If a student has any symptom of COVID-19, the attached clearance note is to be completed by the physician and provided to the School Nurse before the student can return to the classroom.

If the physician performs a COVID-19 test, a negative test result must be provided in writing to the School Nurse **before** the student can return to in-person school.

Students should show improvement of symptoms before returning to school.

If your child is absent for a reason other than one of the symptoms listed above, please send a note indicating the reason for their absence.

STUDENTS WITH CLOSE CONTACT TO A POSITIVE COVID CASE:

Students who have been in contact with someone who has tested positive must quarantine for 14 days. A negative COVID-19 test does not change the 14-day quarantine requirement. If you are unsure about whether or not you are considered a close contact in relation to a confirmed positive case, please contact the local health department for specific guidance.

We understand that this is challenging but it is necessary to ensure the health and safety of our most valuable assets, our students and staff. Please reach out to us with any questions related to school illness and return to school requirements. Thank you so much for your ongoing partnership in keeping our community safe and healthy.

UVMS NURSES
Tanya Martyn and Li Shao

ARLINGTON CENTRAL SCHOOL DISTRICT

CLEARANCE TO RETURN TO SCHOOL FORM

School Building & Nurse: _____ Phone: _____ Fax: _____

Student Name: _____ Today's Date: _____

The Arlington Central School District, in consultation with the Dutchess County Department of Community and Behavioral Health, requires one of the three conditions below for students that have experienced a COVID-19 symptoms to return to the in person learning environment at school.

1. Documentation from a health care provider following an evaluation. The documentation from a health care provider must include a diagnosis with a condition or illness other than COVID-19 **(and cannot be an unconfirmed acute illness such as a viral upper respiratory illness or viral gastroenteritis)** that is causing the symptoms, the expected duration of the symptoms, and it must indicate if and when the student is clear to return to school.

OR

2. Negative COVID-19 diagnostic test result. A negative COVID-19 diagnostic test result must be provided in writing to the school nurse.

OR

3. Symptom resolution. Symptom resolution is defined as at least 10 days from onset of symptoms and the student has no symptoms remaining without using medication for the last 3 days. If you are choosing this option, please fill out the back of this form.

SYMPTOMS - The following symptoms have either been reported or the student is presenting with (list all symptoms):

If you are providing documentation from a health care provider following an evaluation (#1 above), the information below must be completed and submitted to the school nurse prior to returning to the in person learning environment.

Diagnosis: _____

Symptoms: _____

Expected duration of symptoms: _____

The child was (check one) ☐ TESTED ☐ NOT TESTED for COVID-19.

If tested: (circle one) results are : pending positive negative

Date child may return to school: _____

Medical Provider's Name: _____

Date: _____

Physician's Stamp

ARLINGTON CENTRAL SCHOOL DISTRICT

CLEARANCE TO RETURN TO SCHOOL FORM

If you are waiting for symptom resolution (#3 above), the information below must be completed by a parent/guardian and submitted to the school nurse prior to returning to the in person learning environment.

Symptoms:_____

Date Symptoms Began:_____

Date Symptoms Ended:_____

Date Student May Return to the In Person Learning
Environment:_____

My child was absent from school because they experienced the symptoms listed above. I am confirming that my child has been home for at least 10 days from the onset of the symptoms and has been symptom free for the last 3 days without the use of medications.

Parent/Guardian Name
(Print):_____

Parent/Guardian
Signature:_____

Date:_____

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Department
of Health

Fight Flu

at Home and School

Flu, or influenza, spreads easily and can make people very sick, especially kids. You can help stop flu!

Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it all together.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Ask people close to your children, like babysitters and relatives, to get the vaccine, too.
- The vaccine is especially important for people with certain health conditions, like asthma, diabetes, heart or lung conditions because the flu can make them even sicker.

If your child gets the flu:

- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems.
- If your child gets flu symptoms and is younger than 5 or has a medical condition like asthma, diabetes, or heart or lung disease, call their health care provider. Young children and those with certain medical conditions are at greater risk for getting seriously ill from the flu. Ask their health care provider if they recommend an antiviral drug.
- If you are worried about your child, call their health care provider.

Don't spread flu!

- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

Combatan la gripe en casa y en la escuela

La gripe, o influenza, se contagia fácilmente y puede hacer que las personas se enfermen mucho, en especial los niños. ¡Ustedes pueden ayudar a prevenir la gripe!

Los síntomas de la gripe incluyen:

Fiebre o escalofríos, dolores corporales, tos, dolor de garganta, dolor de cabeza, congestión nasal o mocos, y mucho cansancio. Algunas personas, en especial los niños, pueden tener problemas estomacales y diarrea. A diferencia de un resfrío, la gripe se manifiesta repentinamente.

¡Prevengan la gripe!

- La vacuna contra la gripe es la mejor protección. Se recomienda administrarla todos los años para todas las personas de 6 meses de edad o más.
- ¡Vacúnense y vacunen a sus hijos contra la gripe todos los años! La vacuna ayuda a disminuir los síntomas de la gripe o a prevenirla directamente.
- Vacunarse al comienzo del otoño significa que ustedes y sus hijos estarán protegidos cuando comience la temporada de gripe.
- Pídanles a las personas cercanas a sus hijos, como las niñeras y los familiares, que también se vacunen.
- La vacuna es de particular importancia para las personas con ciertas condiciones médicas, como asma, diabetes y condiciones cardíacas o pulmonares, ya que la gripe puede empeorar su condición.

Si sus hijos contraen gripe:

- Necesitarán mucho reposo e ingerir muchos líquidos.
- Mantengan a sus hijos en casa para que no asistan a la escuela durante al menos 24 horas luego de que la fiebre haya desaparecido sin usar medicamentos antifebriles. Esto ayuda a evitar el contagio de la gripe a otros.
- Hablen con el proveedor de atención médica de sus hijos antes de darles a sus hijos cualquier medicamento de venta libre.
- Nunca les den a sus hijos pequeños o adolescentes una aspirina ni ningún medicamento que contenga aspirina. La aspirina puede causar problemas graves.
- Si sus hijos menores de 5 años o con alguna condición médica como asma, diabetes o condiciones cardíacas o pulmonares presentan síntomas gripales, llamen al proveedor de atención médica de sus hijos. Los niños pequeños y los que tienen ciertas condiciones médicas tienen mayor riesgo de enfermarse gravemente con gripe. Pregúntenle al proveedor de atención médica de sus hijos si recomienda un medicamento antiviral.
- Si están preocupados por sus hijos, llamen a su proveedor de atención médica.

¡No contagien la gripe!

- Lávense las manos a menudo con jabón y agua durante al menos 20 segundos.
- Si no tienen jabón y agua disponibles, usen un desinfectante de manos a base de alcohol.
- Tápanse con un pañuelo desechable o con el codo al toser o estornudar; no se tapen con las manos. Tiren el pañuelo desechable en la basura después de usarlo.
- Eviten tocarse los ojos, la nariz y la boca. Así es como se contagian los gérmenes.
- Aléjense de las personas enfermas.

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