

Dear Parent/Guardian,

The nurses of Palmerton Area School District just wanted to send out a reminder to the parents and guardians of the students. This letter and checklist was originally sent home at the start of the school year and posted on the district website. We ask that you check your student each morning for possible COVID-19 symptoms. The state breaks the symptoms down into two groups. If they have any symptom in Group A, they need to stay home. If they have 2 or more of the symptoms in Group B, they need to stay home. We will be following the same protocol if your student presents with these symptoms at school. In order to return to school, a student will need to present clearance from a healthcare provider or isolate for 10 days if they choose not to be evaluated (they must also be symptom free for 24 hours).

Group A:

Fever (100 or greater)

Cough

Shortness of breath or trouble breathing

Nausea or vomiting

Diarrhea

Lack of smell or taste

(not attributed to nasal congestion)

Group B:

Sore throat

Chills

Muscle pain

Headache

Congestion or runny nose

Fatigue

If you have concerns about your student's medical condition be it chronic or acute, please contact your student's building nurse. The list of nurses is at the bottom of this page. Please see the back of this letter for "10 Reminders for the 20-21 School Year".

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High School and Junior High School Nurse

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## 10 Reminders for the 20-21 School Year

1. REINFORCE HAND HYGIENE. Teach your student to sing their ABCs or have them count for at least 20 seconds, and ensure they wash the front, back, in between their fingers and wrists.
2. REINFORCE 6 FEET OF DISTANCE. Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual reminder.
3. REINFORCE PUTTING MASK ON/OFF. Your student will be required to wear a mask on the bus, entering school, within the hallways and class. Teach them not to touch the inside of their mask when taking it off.
4. PURCHASE A THERMOMETER. Check your student's temperature every morning. If 100 or higher, they **must** stay home. Please contact your student's healthcare provider.
5. MAKE/PURCHASE EXTRA MASKS. When possible, masks should only be worn one time. Consider making or buying multiple masks to give you proper time to wash them between uses.
6. UPDATE IMMUNIZATIONS. Immunizations are required upon entering school (K/1), 7<sup>th</sup>, and 12<sup>th</sup> grades. Contact your student's healthcare provider for an appointment. Immunizations may also be obtained through the Department of Health (877-PA-HEALTH).
7. CHANGE AEROSOLIZED MEDICATION. Nebulizer and inhalers without a chamber cannot be administered in school. Speak with your student's healthcare provider to obtain the proper equipment and to update the "Asthma Action Plan".
8. PURCHASE REUSABLE WATER BOTTLE. Water fountains will not be in service.
9. VERIFY/UPDATE EMERGENCY CONTACTS. If your student presents with COVID-19 like symptoms, they will be placed in an isolation room and will need to be picked up **immediately**. Please ensure that a contact can be reached at any given time.
10. STAY INFORMED. Educate yourself from reliable resources such as the CDC and the Pennsylvania Department of Health.

If you have questions about the possibility of needing COVID-19 testing, you may contact either 1-866-STLUKES (option 7) or 1-888-402- LVHN.