

FAQ on Covid19 Protocols--2021

Students/Families



These protocols are recommendations, and the only requirements are at the bottom of this page

In order to cause as little disruption to school this year, please follow these steps if you have a symptom that may be Covid19 related or if you are testing/receiving results for Covid19 testing. Because we know more about Covid19, you should seek medical advice first when you have questions.

STEP 1: If you have any of these symptoms:

- ★ Fever of 100.4 degrees Fahrenheit or higher
- ★ New cough or a cough that gets worse
- ★ Difficulty/hard time breathing
- ★ New loss of taste or smell
- ★ Sore throat
- ★ Nasal congestion/stuffy or runny nose
- ★ Nausea, vomiting, or diarrhea
- ★ Muscle pain
- ★ Extreme fatigue/feeling very tired
- ★ Severe/very bad headache
- ★ Chills

Please consult with your medical provider or the Nurseline first.

- ★ Essentia Clinic Nurseline: 1-800-714-4646 or Essentia E-visit at [essentiahealth.org](https://www.essentiahealth.org)
- ★ Sanford Clinic—Ask a Nurse 1-800-821-5167 or Sanford Virtual Care Visit at [sanfordhealth.org](https://www.sanfordhealth.org)
- ★ Tri-County Health Care – Wadena Clinic 1-800-880-3627 or visit [tchc.org](https://www.tchc.org)

STEP 2: Please do not come to school until you have sought advice if you have symptoms; complete the daily check-in as to your status--symptoms, testing, etc.

STEP 3: You should notify building secretary or principal if you are going to be absent.

218-237-6200 Elementary/ 218-237-6300 Middle School/ 218-237-6400 High School/ 218-237-6600 FWEC

- ★ If you are testing or have someone in your household who is testing, please do not attend school until you have your test results or the results of the person in the household.
- ★ If your result is negative, you may return to school as your symptoms improve.
- ★ If your result is positive, DO NOT COME TO SCHOOL. Please notify your building principal or secretary, or you can email a school nurse, 218-237-6210 Elementary/Middle School or 218-237-6441 High School/FWEC.
- ★ You will **need** to quarantine for 10 days as well. It is **recommended** that Others in your household may also need to quarantine. We will review dates with you once you share your information.

Recommendations for quarantine of close contacts

- Close contacts who are **not** fully vaccinated should consider a quarantine per the recommendation. It is **recommended** they be tested for COVID-19 immediately and again three to five days after exposure to the confirmed case if the first test is negative.
- A 14-day quarantine is the safest recommendation for people who have been exposed to COVID19. ***This is NOT required.***
- Close contacts who are fully vaccinated should consider getting tested three to five days after exposure, even if they do not have symptoms. It is recommended to wear a mask indoors in public for 14 days following exposure or until their test result is negative. They should isolate for 10 days if their test result is positive.
- Close contacts who have had COVID-19 within the past 90 days should monitor for symptoms and stay home if sick, but do not need to quarantine or test in many situations.

Required:

- **Staff or students must notify the school if they test positive. The District is required to report that to MDH.**
- **YOU MUST WEAR A MASK ON THE BUSES, including activity buses.**