

Student, Staff and Visitor Daily Health Screening

Rev. 8-24-2022

To protect the health and safety of others, all NNPS students, staff members and visitors are expected to perform the following daily health check before coming to school or work.

Symptoms

Everyone, regardless of vaccination status, who develops any of the following symptoms should not report to school or work and should begin isolation at home and test for COVID-19 as recommended by their healthcare provider.

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| <input type="checkbox"/> Temperature of 100° F or higher | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Cough/shortness of breath/difficulty breathing | <input type="checkbox"/> Congestion or runny nose |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Diarrhea, nausea, vomiting, or abdominal pain |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> New loss of taste or smell |
| <input type="checkbox"/> Muscle/Body aches | <input type="checkbox"/> Poor feeding/loss of appetite in children |
| <input type="checkbox"/> Headache | |

Individuals who choose not to test, must isolate at home for 5 days after symptoms begin.

Individuals who choose to test for COVID-19 and/or see a medical provider may return sooner after providing proof of a negative test, alternative diagnosis or note from the provider indicating they are cleared to return, provided symptoms are improving and the individual has been fever free for 24 hours without the use of fever-reducing medications.

Positive COVID-19 Test Results

Everyone who tests positive, regardless of vaccination status, will isolate at home for at least 5 days. Individuals may leave isolation after day 5 if they are asymptomatic or their symptoms are resolving and they are fever free for 24 hours without the use of fever reducing medications. Those who are able to mask should do so from day 6 through day 10. For those who are unwilling or unable to mask, VDH recommends 2 negative test results after 5 days of isolation. The first test should be taken on day 6, and the second test should be taken 48 hours after the first test.

COVID-19 Exposure/Close Contact

Quarantine is no longer recommended. Anyone, regardless of vaccination status, who has had close contact with an individual who tested positive for COVID-19, may continue to attend school and work as long as symptoms have not developed. Masks are optional for the 10 days following exposure. The last day of exposure to the positive person is considered day 0. Individuals may consider testing on or after day 5 of the exposure (or sooner if symptoms develop). Anyone who develops symptoms after a known exposure should isolate and contact their medical provider.

Tips for Returning to School and Work Safely

-  Get vaccinated for COVID-19. When eligible, get boosted.
-  Stay home when ill or experiencing COVID-19 symptoms.
-  Practice hand hygiene. Make proper handwashing a frequent part of the daily routine (at least 20 seconds washing the front and back of each hand and between fingers.)
-  Monitor your health daily. Allow time each morning to complete the daily health screening.
-  Use the same thermometer each day for consistency. When using an oral thermometer, avoid food and drinks for at least 15 minutes prior.