



Medway Middle School



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Medway, Maine 04460

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www.medwayms.org

Dear Parent/Guardian,

As I am sure you are aware, as a school, we have guidelines that we must adhere to in order to keep our school family safe -- this includes your child as well as our staff. Things are tough and confusing right now, so I am hoping this letter will help you navigate what to do if/when your child is sick.

If your child has **NO KNOWN EXPOSURE to COVID-19** and stays home or is sent home with **TWO or more** of the following **LOWER RISK SYMPTOMS**:

- New headache
- Myalgias (muscle aches/pains)
- Runny nose/congestion
- Nausea/vomiting/diarrhea
- OR if any of these symptoms present themselves beyond your child's typical symptoms (i.e. allergies)

Please return to school after 24 hours if symptoms are improving, IF your child is NOT improving after 24 hours, please contact the child's primary care provider.

If your child has **NO KNOWN EXPOSURE to COVID-19** and stays home or is sent home with **ONE or more** of the following **HIGHER RISK SYMPTOMS**:

- New, uncontrolled cough
- Shortness of breath or difficulty breathing (not exercise induced asthma)
- New loss of taste or smell
- Fever (100.4 or high) chills, rigors
- Sore throat

ONE OF THE FOLLOWING MUST OCCUR:

- Swab for COVID-19, if **negative**, return to school when the child has been 24 hours without fever with NO fever reducing medications.
- Seen by a healthcare provider, not swabbed for COVID-19 but an alternative diagnosis is likely, return child to school when child has been 24 hours without a fever with NO fever reducing medications and symptoms are improving (please provide doctor's note with diagnosis).
- Swab for COVID-19, if **positive**, returns the child to school after 10 days AND has been 24 hours without a fever with NO fever reducing medications AND Maine CDC approval.
- No swab AND no alternative diagnosis (this happens if the family declines testing or is unable to obtain a test), see healthcare provider to be evaluated and do not return to school for 10 days, and has been 24 hours without a fever with NO fever reducing medication and symptoms are improving.

Please keep this letter so you can use it as a reference throughout the school year. If you have any questions at all, please feel free to contact me by phone 746-3470, my office hours are 7:00 a.m. - 12:00 p.m. or email me at mballard@medwayms.org and I will respond as soon as possible.

Stay healthy!

Morgan Ballard
School Nurse