

SCHOOL HEALTH PROGRAM

COVID-19 Symptoms/Exposure and Return to School Guide

Pitt County Schools (PCS) follows NCDHHS, DPI and Pitt County Health Department's guidance for returning to school.
 Pitt County Health Department COVID-19 Hotline: 252-902-2300 *Vidant COVID-19 Hotline: 252-847-8000

Student: _____ Date: _____

Your student presented to school with or developed one or more of the following COVID-19 symptom(s) during the school day:

Symptoms/Screening		
• Fever: Temperature _____	• Chills	• Congestion/Runny Nose
• Shortness of Breath or Difficulty Breathing	• New Cough	• Nausea/Vomiting/Diarrhea
• New Loss of Taste or Smell	• Sore Throat	• Reported Exposure
• Fatigue or Muscle/Body Aches	• Headache	• Other: _____

QUARANTINE DATES: _____ RETURN TO SCHOOL: _____

SYMPTOMS PRESENT (Regardless of vaccination status, must have one of the following for return.)

- **Full Quarantine:** Isolate for 5 days following the first date symptoms began, no fever for 24 hours (without the use of fever reducing medicine), **AND** has had significant symptom improvement, including cough and shortness of breath. **Must return with a mask for 5 additional days.**
- **Negative COVID-19 test**:** With no symptoms, no fever for 24 hours (without the use of fever reducing medicine), **AND** student has felt well for 24 hours with significant symptom improvement.
- **Written confirmation of alternate diagnosis other than COVID-19:** Suggesting that symptoms are unrelated to COVID-19 (I.e: stomach virus, ear infection, strep throat) – follow normal PCS policies to return to school.

CONFIRMED COVID-19 POSITIVE

- **Full Quarantine:** Isolate for 5 days following the first date symptoms began, or if no symptoms*, 5 days after the date of COVID-19 test, with no fever for 24 hours (without the use of fever reducing medicine), **AND** has had significant symptom improvement, including cough and shortness of breath. **Must return with a mask for 5 additional days.** (*If symptoms develop, must complete a full 5 days of isolation following symptom onset, returning with a mask for 5 additional days.)

EXPOSURE

- As long as no current symptoms, quarantine is not required; **however**, should wear a well fitting mask for 10 full days **AND** monitor for symptom development. If symptoms develop, see *symptoms present* guidelines above.

ADDITIONAL CONSIDERATIONS

- **For those in the Pre-K population, with an approved Mask Exemption, or who are non-compliant with the mask requirement,** previous guidelines will be followed. (This may mean 10 day or longer quarantine, etc; however, this needs to be reviewed specifically with a covid contact or school nurse.)
- ****PCR or Antigen tests are acceptable for clearance. Self-swab tests will only be accepted if observed by a 3rd party collection agency. Negative home tests can NOT be accepted for clearance to return to school.**
- All parents and students (if able) should communicate with teachers via email, dojo, or other used platforms to stay up to date with assignments and work. (Daily contact is recommended.)
- **Communicate directly with your school covid contact or school nurse prior to your student returning back to campus.**

References: NCDHHS StrongSchoolsNC: Public Health Toolkit (K-12) Interim Guidance Retrieved from <https://files.nc.gov/files.nc.gov/covid/documents/guidance/Strong-Schools-NC-Public-Health-Toolkit.pdf>; Reference Guide for Suspected, Presumptive or Confirmed Cases of COVID-19 https://files.nc.gov/files.nc.gov/covid/PHT-ScreeningReferenceGuide_6.30.pdf
 DPI: Covid-19 Response Resources Lighting Our Way Forward Retrieved from: <https://www.dpi.nc.gov>; Centers for Disease Control and Prevention Retrieved from: Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>; Pitt County Health Department Retrieved from: <https://www.pittcountync.gov/>

MAKO TESTING:

COVID-19 Testing

OPTIONAL testing services completed onsite across PCS campuses, through MAKO Medical, as a resource to families to help keep our schools healthier, reduce quarantines, and provide convenient COVID-19 related care for those who need it.

- Diagnostic testing is done in-house (on school campus)
 - Testing kits provided by MAKO Medical
 - Administered/monitored by our trained staff
 - **Free of charge**
 - Contact your school for the registration link to Opt In
 - School Website
 - Social Media Pages
 - Signs posted around school campus
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VIRTUAL CARE

Attention Parents: Skip the Trip

For minor illness, like a cold, sinus infection, pink eye, allergies or ear problems – VidantNow Virtual Care is FREE for a limited time. VidantNow lets you speak directly with a doctor 24/7 on any device that has internet access.

- Download the **VidantNow app** from the Apple App Store or Google Play
 - Visit **VidantNow.com**
 - Call toll-free: **888-575-2522**
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PEDIATRIC TESTING

COVID-19 Testing

- COVID-19 testing is available through local pediatrician offices, often for same day appointments.
 - Some local pharmacies participate in COVID-19 testing (I.e. Walgreen's, CVS, Walmart...)
 - Maynard Children's Hospital also offers appointment-based COVID-19 testing. **Please call 252-816-3720** from 8:30 a.m. – 5 p.m. Monday through Friday to schedule an appointment.
 - In addition, Vidant Health offers a dedicated, pediatric friendly COVID-19 drive-up testing site at the corner of Stantonsburg Road and Wellness Drive in Greenville.
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****If you are participating in COVID-19 vaccination, please provide proof of completed COVID-19 vaccination to keep on file for your student.**

–Thank you!