

ADA CITY SCHOOLS

OFFICE OF THE SUPERINTENDENT

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This letter is an effort to communicate about the upcoming **Influenza** (Flu), **Respiratory Syncytial Virus** (RSV) season, and the ongoing **COVID** season. Symptoms may include all or some of the following; fever (over 100 degrees F.), cough, sore throat, runny nose, muscle pain, headache, fatigue, nausea, vomiting, and/or diarrhea. If you suspect your student is getting any of these, it is essential that he/she not attend school or go to childcare facilities, public venues or sporting events where other people could be exposed. Staying in your own space (social distancing) is not only essential for COVID, but anytime you or your student are not feeling well. Also, it is important to teach your children the following ways to reduce their risk of becoming infected:

- Wash hands often, ideally with soap and hot water for at least 20 seconds.
- Hand-sanitizer, including gels, rubs and hand wipes work well as long as they contain at least 60% alcohol. Always read and follow label instructions when using hand sanitizer.
- Keep hands away from the face and avoid touching the mouth, nose or eyes.
- Use tissues for coughs and sneezes or cough into the inside of the elbow. Do not cough or sneeze into your hands. Even when using a tissue, you must wash your hands.
- Good nutrition, proper hydration, and plenty of sleep are all essential in building a strong immunity.
- Children learn best by example. Be a positive influence by modeling these behaviors yourself.
- **PLEASE SEE THE REVERSE SIDE OF THIS FORM FOR UPCOMING FLU VACCINE CLINICS.**

Custodial staff will continue to sanitize classrooms, common areas, and buses regularly as we have done for COVID.

Respiratory Illness Information

Ada City Schools Guidelines and Procedures for Returning to School

The following will be the policy of the Ada City School District for any student, teacher, or staff member who exhibits a respiratory illness or is diagnosed with or tests positive for influenza (Flu), RSV, or COVID.

- For Flu and RSV - the student, teacher, or staff member WILL NOT be allowed to attend school or school activities for a minimum of 48 hours from the time of such diagnosis or positive test result. If a doctor's note calls for more than a 48 hour exclusion from school, then the doctor's note will take precedence.
- For COVID - the student, teacher, or staff member WILL NOT be allowed to attend school or school activities and will be in isolation for 10 days if they test positive. If exposed to a positive person the minimum quarantine requirement is 14 days from the last exposure. The quarantine time frame can expand for multiple reasons, and the quarantine time frame will be on a case by case basis. If you or your student are awaiting a COVID test, the student will not be able to come to school until the results come back.
- If fever, nausea, vomiting, or diarrhea are present past the 48 hour minimum time frame, then the student, teacher, or staff member must remain out of school for an additional 24 hours after he/she no longer has any of these symptoms or signs of a fever (chills, feeling very warm, flushed appearance, or sweating). Symptoms must have resolved without the use of medication.

Thank you,
Mike Anderson, Superintendent