

# ADA CITY SCHOOLS

OFFICE OF THE SUPERINTENDENT

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[www.adacougars.net](http://www.adacougars.net)

This letter is an effort to communicate about the most prevalent, contagious illnesses for public school. This letter provides guidance for **Flu, RSV, STREP, and COVID-19**. Symptoms may include all, or some of the following; fever (100 degrees F. or higher), 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.

- 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/sneeze into the inside of the elbow, not 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.

**Custodial staff will continue to sanitize classrooms, common areas, and buses regularly.**

## 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, is diagnosed with, or tests positive for the following:

- **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 physician's note calls for more than a 48 hour exclusion from school, then the physician's note will take precedence.
- **For STREP** - The student may return to school once they've been on antibiotics for a full 24 hours from the first dose, and will need a physician's note. If the physician's note calls for more than 24 hours, the physician's note will take precedence.
- **For POSITIVE COVID - 19 cases** - The student, teacher, or staff member WILL NOT be allowed to attend school, or school activities, and will be in isolation for 10 days. At which time the student will become a distance learner according to district procedures. If testing is refused they will need to isolate for 10 days from the date symptoms began. At which time the student will become a distance learner according to district procedures. **It is important to note that testing is vital to identify those you may have exposed.**
- **For COVID-19 EXPOSURE** - If exposed to a positive person, the minimum quarantine requirement is 10 days from the LAST exposure to the positive person. 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-19 test, the student WILL NOT be able to come to school, or school functions until the results are received.
- **NEGATIVE for all listed above** - If the student, teacher, or staff member is cleared by a physician, or tests negative for any of the above illnesses, they may return to school 48 hours after ALL (not just fever) symptoms have resolved, without the use of ANY symptom reducing medication, and must be able to provide a physician's note. If the physician's note calls for more than 48 hours, then the note will take precedence.

Ada City Schools cannot thank you enough in helping us keep our students, teachers, and staff members safe and healthy.

Thank you, Mike Anderson, Superintendent