

Delaware Valley School District

Notes From the Nurse

Dear Parents/Guardians:

Welcome to the 20/21 school year! Although this summer has had its challenges, we want to assure you that the nurses have been working very hard to prepare a safe and healthy place for your children to attend school. While many procedures have changed in order to accomplish this, one thing that remains the same is that we can't wait to see the children on August 31.

There are a few things we will need your help with in order to make this year as healthy and successful as possible for all the students:

- ✓ Please refer to the Health Room Procedures posted on the district website to answer any questions about how the nurse's office will be managed this year. There are some changes.
- ✓ Despite your personal feelings, teach your child how to wear a mask and instruct them to be cooperative with school staff. If you feel your child cannot wear a mask in school for most of the day, please speak with your doctor and/or consider the district's zoom option.
- ✓ Even though it seems obvious, spend some time reviewing proper hand washing with your child. (There are many fun you tube videos). Emphasize they need to use SOAP and DRY their hands well too. Hand sanitizer should be used like soap and water, making sure to get both palms and back of the hands, in between the fingers and thumbs while rubbing until it's dry.
- ✓ Please send any food or snacks with your child in disposable containers. Also, consider that lunch boxes get thrown around a lot and are prone to picking up germs throughout the day, so consider using plastic or paper lunch bags instead of lunch boxes.
- ✓ For Elementary children, please keep a change of clothes in their book bag or locker. This is one thing they won't be coming to the nurse for this year, and lunchtime spills or slips in mud make your child very uncomfortable during the day. Also, bathroom accidents can happen at any grade (even if they laugh too hard!)
- ✓ Be sure to send your child with a refillable water bottle every day. While water fountains have been disabled, they will be able to refill their bottles at the sink.
- ✓ Teach your child what 6 feet of distancing looks like and why it's important to cover coughs and sneezes with their elbow.
- ✓ Please send students with chap stick! That will not be available from the nurse this year.
- ✓ Please use the chart below EVERY DAY to determine whether or not your child is well enough to come to school. If you do not have a thermometer, please get one!

Has your child been exposed to anyone with a confirmed case of COVID-19 in the past 14 days?

If yes, the student should stay home from school. The student can return to school 14 days after the last time that they had close contact with someone diagnosed with COVID-19.

Column A If you checked 1 or more symptoms, student should stay home from school	Column B If you checked 2 or more symptoms, student should stay home from school	
<input type="checkbox"/> Fever (100°F or higher)	<input type="checkbox"/> Lack of smell or taste (without congestion)	<input type="checkbox"/> Headache
<input type="checkbox"/> Cough	<input type="checkbox"/> Sore throat	<input type="checkbox"/> Congestion or runny nose
<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Chills	
<input type="checkbox"/> Difficulty breathing	<input type="checkbox"/> Muscle pain	
<input type="checkbox"/> Nausea or vomiting		
<input type="checkbox"/> Diarrhea		