

## Note from the Nurse

We are more than halfway there! Thank you all for your patience during these trying times. We greatly appreciate your understanding and support.

Here are a few helpful things to remember as we start the last half of the school year:

- ★ If your child takes medication at school, please make sure a parent/guardian is dropping off the medication(s) at your child's school office. Students should not be bringing in their own medications to the school office. I know this can be an inconvenience but it is best practice.
- ★ If your child has COVID-like symptoms, has recently been exposed to COVID, or has recently been tested or diagnosed with COVID, please remember to fill out this form - <https://forms.gle/LAAgrXbSZt5hhZqu7>. This helps us get all the questions answered that are needed to determine your child's return date.
- ★ If your child has COVID-like symptoms and is going to get tested, we recommend a PCR test instead of the rapid/antigen test. There are two reasons for this... 1 - If the antigen test comes back negative, it is recommended they get a PCR test to confirm the results since they have symptoms; 2 - They would be exempt from needing to quarantine for the next 90 days after a positive PCR test (but this does not apply for a positive antigen test since it is not a confirmatory test). Please take a look at the table on the bottom for more information on the different types of tests available.
  - Testing options: Free At Home Testing - <https://www.dhs.wisconsin.gov/covid-19/collection.htm>, COVID-19 Community Testing Sites - <https://www.dhs.wisconsin.gov/covid-19/community-testing.htm>, or at your doctor's office/clinic.
- ★ If your child gets tested or sees a medical provider, please either email a copy of the results or the doctor's note to me at [nicole.wollert@westfieldpioneers.org](mailto:nicole.wollert@westfieldpioneers.org) or make sure your child has it with them upon returning to school and gives it to the school office.
- ★ If your child is a close contact of a person who tested positive for COVID-19, they will need to quarantine for 14 days from the date of last contact with the infected individual. The 14 day quarantine period is still the safest option as it may take them between 2-14 days to develop symptoms after exposure.
- ★ If your child plans on traveling out of state, please follow this guidance from our local public health department: Quarantine for 14 days after you return if your activities put you at high risk of exposure (congregate settings, air travel, crowds, not wearing masks, etc). For more information, please visit the CDC website - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>. If your child is going out of the country, please make sure to take a look at the CDC's travel information as new information was recently released about testing requirements.

### COVID-like Symptoms that Warrant Testing or Appointment with Medical Provider Prior to Returning to School

Any of the following symptoms:

- Cough
- Temperature of 100.4 or above
- Diarrhea or vomiting
- New loss of taste or smell
- Shortness of breath or Difficult breathing

TWO or more of the following symptoms:

- Chills/Shivering
- Headache
- Muscle pain
- Nausea
- Sore throat
- Runny nose/Congestion
- Unusual fatigue

	MOLECULAR TEST	ANTIGEN TEST	ANTIBODY TEST
<b>Also known as...</b>	Diagnostic test, viral test, molecular test, nucleic acid amplification test (NAAT), RT-PCR test, LAMP test	Diagnostic test	Serological test, serology blood test, serology test
<b>How the sample is taken...</b>	Nasopharyngeal (the part of the throat behind the nose), nasal or throat swab (most tests) Saliva (a few tests)	Nasal or nasopharyngeal swab (most tests)	Finger stick or blood draw
<b>How long it takes to get results...</b>	Same day (some locations) or up to a week (longer in some locations with many tests)	Some may be very fast (15 - 30 minutes), depending on the test	Same day (many locations) or 1-3 days
<b>Is another test needed...</b>	This test is typically highly accurate and usually does not need to be repeated.	Positive results are usually highly accurate, but false positives can happen, especially in areas where very few people have the virus. Negative results may need to be confirmed with a molecular test.	Sometimes a second antibody test is needed for accurate results.
<b>What it shows...</b>	Diagnoses active coronavirus infection	Diagnoses active coronavirus infection	Shows if you've been infected by coronavirus in the past
<b>What it can't do...</b>	Show if you ever had COVID-19 or were infected with the virus that causes COVID-19 in the past	Antigen tests are more likely to miss an active COVID-19 infection compared to molecular tests. Your health care provider may order a molecular test if your antigen test shows a negative result but you have symptoms of COVID-19.	Diagnose COVID-19 at the time of the test or show that you do not have COVID-19.

[FDA COVID-19 Testing Basics](https://www.fda.gov/covid-19/testing-basics)

*Thank you!*