

# Student and Parent Pledge – SD NFDL

*We promise to follow the guidelines in this document so we can open our schools and keep school open as much as possible. We are the key to keeping schools open and expanding the number of students in our buildings at a time! WE GOT THIS – WE ARE BETTER TOGETHER!*

## #1. Every student will be checked each morning for symptoms before leaving home to school!

At least **two** of the following symptoms = **stay home**

- Fever over 100°F
- Chills
- Muscle aches
- Headache
- Sore Throat
- Nausea or Vomiting
- Diarrhea
- Unusual Fatigue
- Congestion or runny nose

OR



At least one of the following symptoms = **stay home**

- Cough
- Shortness of breath
- Difficulty breathing
- Loss of taste
- Loss of smell

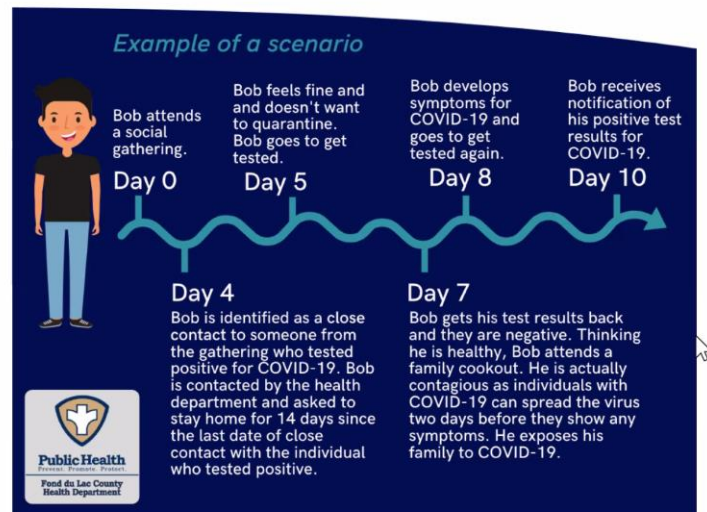
- If a student is staying home due to COVID-19 Symptoms – fill out this form [COVID-19 Communication Form](#) online (<https://tinyurl.com/NFDLCOVID>) – Also Available at [www.nfdlschools.org](http://www.nfdlschools.org).
- If a student is staying home for reasons unrelated to COVID-19 symptoms, please contact the school.
- If you have any questions, concerns or want to speak to a Health Team member (one of our school nurses) either complete the [COVID-19 Communication Form](#) or contact your child's school. A Health Team member will get back to you ASAP.

## #2. We will follow all the directions for quarantine and isolation as requested from both the FDL County Health Department (CHD) and School District *(if you live in a different county let us know)*

- We are following the CHD and CDC guidelines to best keep COVID-19 spreading out of our schools (even though you or your child have no symptoms, to be safe, we may ask your child and siblings to quarantine up to 14 days). If guidance changes, we will change too. Your child will still have access to virtual learning with his or her teachers.
- If your child is ill, but their doctor feels they may return (Not COVID-19) and you do not get your child tested, you will have to sign a release with the School Nurse so they can talk directly with the healthcare provider.

### THE IMPORTANCE OF QUARANTINE

COVID-19 has an incubation period of up to 14 days. This means an infection can occur at any time during the 14 days after an exposure to the virus.



### #3. We Will Be Smart and Let the Schools Know! If you Hear Something, Say Something!

- If your child has been in contact with someone who tested positive for COVID-19 (6 feet or less for longer than 15 minutes, cumulative) please complete [COVID-19 Communication Form](https://tinyurl.com/NFDLCOVID) online at <https://tinyurl.com/NFDLCOVID>. The Health Team will contact you and help guide you through the process.
- If you hear of someone who has had a positive COVID-19 diagnosis, or may have been in close contact with someone who has, please let the school know by calling or completing the [COVID-19 Communication Form](https://tinyurl.com/NFDLCOVID) online at <https://tinyurl.com/NFDLCOVID>. We will follow all leads.



### #4. Embrace What Can Be Done to Keep Schools Open

- Follow the school's mask policy – have one on when you get to school and get on the bus, this includes on school grounds when you drop off your child. The mask policy will continue even past the Governor's order.
- Try to maintain physical distance between people (more than 6 feet – 10 Orioles!)
- Wash your hands frequently! Hand Hygiene Matters!
- Students and Families, know who you are around and choose to be with responsible people. We may need information of close contacts (inside and outside of school) in case someone becomes COVID-19 positive
- Know where you travel and who and what you expose yourself to on trips and visits.

## We want to keep schools open and Promise to:

1. Check All Students for Symptoms Before Coming to School!
2. Follow Directions of the County Health Department and School District – even though it may be inconvenient!
3. Be Smart and Let Schools Know!
4. Embrace What Can Be Done!

### District's Commitment to Communicate

At the end of each week – an email and memo will go out to the entire District and will be posted online at our webpage stating the number of confirmed COVID-19 cases of students and staff and the number of students and staff in quarantine. If your child is ever considered a close contact (within 6 feet for more than 15 minutes in a day), you will be contacted individually. If you are not contacted individually, you or your child are not at any heightened risk of exposure to COVID-19 at school or in need of quarantining. WE GOT THIS – BETTER TOGETHER!