



## 2022-2023 Back-to-School Guidance for Covid-19 and Other Illness: Diocese and [IDOH](#)

As we prepare for the School Year 2022-2023, I want to send out some Diocesan and IDOH Covid-19/Illness reminders/guidance for schools. Should Covid-19/Illness reach an unacceptable level, the pastor has the final say on implementing mitigation strategies. Still, the Diocese recommends that schools let parents determine whether they want their child to mask at school.

- [School Resources](#)
- The IDOH no longer recommends contact tracing and quarantine in schools.
- A negative Covid-19 test or doctor's note is no longer required to return to school.
- [How Sick is Too Sick to Come to School Guidance?](#)
  - When a student has a fever of 100.4 degrees F or greater, they should stay home until fever free, without fever-reducing medication for 24 hours.
  - According to CDC guidance, schools should continue to isolate positive individuals for at least five days.
  - If schools are aware of a positive case, remind families that the positive individual should isolate for at least five days, and close contacts at home should be protected by masking and distancing when possible.
  - Those who test positive may return to school on day six if they are fever free for 24 hours and symptoms improve.
  - Recommend to parents when a student who tested positive for Covid-19 comes back to school on day six that they should wear a mask around others at home, in public, and at school through day ten.
  - People should isolate if they are positive for COVID-19 regardless of their vaccination status or symptoms.
  - Schools should assist their LHD with exposure notification when there is
    - a cluster or outbreak of COVID-19 cases
- If your school is testing using test kits supplied by IDOH or via a CDC testing program, you should report you're positive test results through the K-12 gateway portal.

### ● **Prevention Steps Based on Your COVID-19 Community Level**

Low	Medium	High
<ul style="list-style-type: none"><li>● Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li>● <a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>● If you are <a href="#">at high risk for severe illness</a>, talk to your healthcare provider about whether you need to wear a mask and take other precautions</li><li>● Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li>● <a href="#">Get tested</a> if you have symptoms</li></ul>	<ul style="list-style-type: none"><li>● Wear a <a href="#">mask</a> indoors in public</li><li>● Stay <a href="#">up to date</a> with COVID-19 vaccines</li><li>● <a href="#">Get tested</a> if you have symptoms</li><li>● You may need additional precautions for people <a href="#">at high risk for severe illness</a></li></ul>

People may choose to mask at any time. People with [symptoms, a positive test, or exposure](#) to someone with COVID-19 should wear a mask. Masks are recommended in indoor public transportation settings and may be required in other places by local or state authorities.

### **Monkeypox**

- Incubation period averages 7-14 days
- (range 5-21 days) with a prodrome of fever, malaise, headache, fatigue, swollen lymph nodes, sore throat, and cough
- Lesions begin to develop simultaneously and evolve together through five stages—macular, papular, vesicular, pustular, scabbing
- Appear firm, deep-seated and umbilicated; can appear on palms and soles, often very painful
- Report suspect cases to your local health department for further direction

### **What To Do at School**

- The risk of contracting Monkeypox is very low. Most of the spread has been by intimate sexual contact and large respiratory droplets.
- Only two children in the entire state have tested positive for monkeypox.
- Common things being common, students will continue to present all sorts of rashes that are NOT monkeypox.
- If a child presents with a concerning rash,
  - Isolate the child in a room separate from others
  - Use gloves when touching the child, especially the rash
  - Wear a mask and place a mask on the child if possible
  - Advise parents to take the child for evaluation
    - Not all providers are equipped to test for monkeypox. Parents should call ahead to their physician before going in for an appointment.
    - When in doubt, call your LHD for guidance
- Child should isolate until the results return. 2-3 day turnaround time for testing