

**Superintendent Dr. Madeline Negrón**

**Health Director Maritza Bond, MPH**

## BACK TO SCHOOL MEMO TO NHPS FAMILIES

UPDATED 9.07.23

Welcome back, NHPS families! The New Haven Health Department continues to work together with the Board of Education to help keep students and staff healthy. This memo reviews Health Policies for the 2023-24 school year.

## RESPIRATORY ILLNESS INFORMATION FOR PARENTS/GUARDIANS

Below is some information about respiratory illnesses as we head into the colder months.

### COVID-19

- ❖ Symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea

For more information, visit the CDC COVID-19 Page <https://www.cdc.gov/coronavirus/2019-ncov/index.html> or scan the QR code



### RSV

- ❖ Symptoms: runny nose, decrease in appetite, coughing, sneezing, fever, wheezing

For more information, visit the CDC RSV Page <https://www.cdc.gov/rsv/index.html> or scan the QR code



### Flu

- ❖ Symptoms: fever or feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue, vomiting and diarrhea

For more information, visit the CDC Flu Page <https://www.cdc.gov/flu/index.htm> or scan the QR code



New Haven Public Schools and New Haven Health Department will monitor schools and provide support and guidance to schools with increased numbers of cases, clusters, or outbreaks of public health interest as needed. Please keep in mind the following:

- **Test!** If your child has any of the above symptoms, test them immediately. If they have been exposed to an individual with COVID-19, check them each day for symptoms and have them test on or after Day 6.
  - Every US household may place an order to receive four free COVID-19 rapid tests that are delivered directly to your home



To order their four free rapid test <https://special.usps.com/testkits> or scan the QR code.



- **Schools are mask-friendly!** Masks are optional, but students with cold symptoms should wear masks indoors. New Haven Health Department follows CDC Community Level measures and may recommend indoor masking if cases increase in New Haven County.



- **Check your child's health each day.** If your child does not feel well, do **not** send them to school!
  - Students and staff with mild cold symptoms (e.g., infrequent cough, congestion, runny nose, sore throat, etc.) **can stay in school** if they:
    - Are fever-free (< 100°F) for 24-hours, without a fever-reducing medication,
    - Feel well enough to participate,
    - Do not live with anyone who has had COVID-19 in the past 2 weeks,
    - Can wear a mask consistently and correctly, and
    - Test for COVID-19 each day before going to school when they have symptoms and one final test on the morning after symptoms have stopped.
  - Students with cold symptoms should stay home if they:
    - Have a fever (≥ 100°F) or feel feverish (they should not report in person until their fever has resolved for at least 24 hours without the use of medication)
    - Live with a person who tested positive for COVID-19 within the past 2 weeks
 Instead, these individuals should stay home until their symptoms resolve and test for COVID-19.

- **Report cases.** If your child has COVID-19, do not send them to school! Contact your Building Leader or Nurse.

- **Keep sick children home.** If your child has COVID-19, keep them home for at least five days. They can return after a negative test or if symptoms have improved or symptoms are gone, and they do not have a fever without using a fever-reducing medicine. They should wear a mask five additional days, through Day 10 of illness.



- **Stay up to date on your vaccines!** New Haven Health Department Clinic offers flu and COVID-19 vaccines. Check our website

<https://www.newhavenct.gov/government/departments-divisions/nhv-health/clinic-schedules>, or call 203-946-8181



- **Use prevention strategies.** Handwashing, cleaning and disinfecting, social distancing as necessary, and circulating the air.



## HEALTH SURVEY FOR PARENTS OR GUARDIANS



Please fill out this health survey for parents or guardians to help us better serve the NHPS community!

<https://forms.office.com/g/PGCGcz5bP5>

## SUBMIT PHYSICAL EXAMS AND IMMUNIZATIONS TODAY!

Be sure your student has up-to-date physical exam and immunization forms for their current grade or last mandated grade. (Mandated grades are PreK, K, 7<sup>th</sup> and 10<sup>th</sup> grade.) See NHPS previous communications for more details.

## QUESTIONS OR CONCERNS?

If so, please contact the New Haven Health Department at 203-946-6999  
Wishing everyone a happy, healthy school year!