



## COVID Return to Learn Plan

Keeping students and staff healthy throughout the school year is a priority at Longleaf School of the Arts. Here are our guidelines for Illnesses and Covid-19. Feel free to contact our School Nurse, Diane Herbst, with any questions or concerns. Tel 919-896-8164 X-1032 or [herbst@longleafschool.com](mailto:herbst@longleafschool.com)

### **LSA Guidelines for Illness**

If a student has any of the following symptoms, we request parents to keep their student home. Headache, sore throat, fever, chills, shortness of breath, difficulty breathing, body aches, congestion, cough, nausea, vomiting, diarrhea, stomachache. **Our policy is that the student must be symptom free, without use of symptom relieving medications, and feeling well for at least 24 hours prior to returning.** Covid-19, Flu, Norovirus, Strep Throat and a number of other viruses and bacterial infections are contagious and can cause these symptoms. If a student has any of the above mentioned symptoms, the student should be tested for Covid. Home tests are fine. If the student is Covid-19 positive, the school nurse needs to be notified. LSA has rapid home test kits to provide to families. Please contact the School Nurse if you need Covid-19 test kits. We are doing our best to keep illnesses within our school community to a minimum.

### **Covid-19 NCDHHS Strong Schools NC guidelines for a Covid-19 Positive Student**

The Covid-19 positive student can return to school when it has been at least 5 days after the first day of symptoms (first day of symptoms is day zero). The student must be symptom free, without use of fever reducing medications, and feeling well for at least 24 hours prior to their return. They must wear a well-fitting mask for 10 days after the first day of symptoms to minimize the risk of infecting others.

### **Guidelines for an Exposure to Covid-19**

Exposed students are to be tested at least 5 days after the exposure. Watch for symptoms for 10 days. Wear a high-quality, well-fitting mask for 10 full days when around others and in public places. If the student becomes positive with Covid-19, they are to follow the guidelines above and notify the School Nurse.

Please read the NCDHHS Covid-19 Links we have posted [on this site](#) for additional information.