



## Nauset Regional High School On Campus Health Protocols and Managing Symptoms

### Wear a Mask

- Cover nose and mouth
- Mask breaks held outside
- No masks when eating, six feet of distance, one-way facing seating

### Wash/Sanitize Your Hands

- Sanitize hands when entering classroom/space
- Clean surface (desk, table) before and after use
- Sanitize hands when leaving a classroom/space
- Single occupancy bathroom (door open available, door closed in use)

### Watch Your Distance

- Six Feet of Distance
  - One Way Foot Traffic
  - Assigned Seats in Classes
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### If you have any of these COVID like symptoms

- Temperature (100.0° Fahrenheit or higher), chills, or shaking chills.
- Cough (not due to other known cause, such as chronic diagnosed cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Nasal congestion or runny nose (*not due to other known causes, such as allergies*) when in combination with other symptoms.
- Headache *when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea

### Then . . .

- Stay home from school.
- Call the attendance office to report your absence
- Call your primary care provider to discuss the COVID like symptoms.

### Return to School when . . .

- **Either** you have a negative PCR test (**rapid tests are not permissible**) and no symptoms for 24 hours without the use of fever reducing medications.
- **Or**, if you choose not to be tested, you have been in isolation for at least 10 days and at least 3 days have passed with no fever and improvement in other symptoms,
- **Or** a provider has made an alternative diagnosis (ex: strep, flu).
- **In all cases, the school nurse must receive documentation prior to returning to campus**