



What Does Your Student Need to “Return to School” Following an Illness?

<u>Low Risk</u>	<u>High Risk</u>
<u>Contact your child's healthcare provider and stay at home if 2 or more of below symptoms</u>	<u>Contact your child's healthcare provider and stay at home if 1 or more of below symptoms</u>
<ul style="list-style-type: none"><input type="checkbox"/> New Headache<input type="checkbox"/> Runny nose/congestion<input type="checkbox"/> Nausea/Vomiting /Diarrhea<input type="checkbox"/> Myalgias (muscle pain)	<ul style="list-style-type: none"><input type="checkbox"/> New, uncontrolled cough<input type="checkbox"/> Shortness of breath or difficulty breathing<input type="checkbox"/> New loss of taste or smell<input type="checkbox"/> Fever (100.4 degrees), Chills, Rigors<input type="checkbox"/> Sore Throat

If you have questions on when to keep your child home after known exposure to COVID-19 (school or community exposure) please contact your child's school nurse

1. If a COVID-19 test is done (PCR or rapid antigen administered by a pharmacy or a provider) and the result is **NEGATIVE**, the student must stay home until the test result is confirmed to be negative and can return when symptoms have improved and the student has been fever-free for 24 hours without the aid of medication. School nurses will follow the most up to date CDC/DOE protocols for a return to school plan. At this time, we are unable to accept a rapid test that was administered at home without being accompanied by a note from a provider clearing your student to return to school.

2. If a test for COVID-19 was done and the result is **POSITIVE**, the parent/guardian needs to notify the school nurse as soon as possible. Return to school will be according to CDC guidelines.

3. If the student consults with their healthcare provider and no COVID-19 test was done because an alternative diagnosis was made, then the student may return to school **with a medical clearance note** when symptoms have improved and the child has been fever-free for 24 hours without the aid of medication.

4. **If the student was not tested for COVID-19 and there was no alternative diagnosis made** (patient/family declined, unable to obtain a test), then the student may return to school when **ALL** three criteria are met:

1. 10 days have passed since the onset of symptoms;
2. 24 hours have passed with no fever (without the use of fever reducing medication);
3. Improvement of symptoms.

Our top priority is to promote the health and safety of all of our students and staff.
Thank you for helping us protect all members of the Freeport/Pownal/Durham community.

RSU5 Health Resources

In recognition that accessing medical care can be difficult for some of our families, below are available resources that can help offer assistance. Please also contact your school nurse if you have any trouble accessing medical care for your child.

Connecting Kids to Coverage Project: 1-800-965-7476

<http://www.maineahc.org/our-services/consumer-assistance-helpline/>

Maine Children's Alliance: <https://www.mekids.org/covid-19/>

Care Partners through Maine Health: Med access (free care) 207-662-7968

Maine.gov for applications (Mainecare, COVID testing, etc):

<https://www.maine.gov/dhhs/ofi/applications-forms>

How To Get Tested for COVID-19 in Maine | Covid-19

<http://www.maine.gov/covid19/restartingmaine/keepmainehealthy/testing>

Midcoast Pediatrics Brunswick- will see children who do not have a PCP or health insurance.

Patients will be seen immediately at no cost to families - paperwork for free care through Maine Health can be filled out after appointment. Located at: 121 Medical Center Drive, Brunswick (207) 721-8333

<http://www.midcoasthealth.com/mcmg/primary-care/pediatrics>

Freeport Community Center: <https://fcsmaine.org/services-and-programs/essential-services/>

[For additional questions, please contact your school nurse:](#)

Freeport High School: [Emily Guyer, RN_guyere@rsu5.org](mailto:Emily.Guyer,RN_guyere@rsu5.org) 865-4706 x 4 Fax: 865-2900

Durham Community School: [Kim Gormely, RN_gormelyk@rsu5.org](mailto:Kim.Gormely,RN_gormelyk@rsu5.org) 353-8249 ext: Fax: 353-2731

Freeport Middle School: [Maureen Erskine, RN_erskinem@rsu5.org](mailto:Maureen.Erskine,RN_erskinem@rsu5.org) 865-2901 ext 130 Fax: 865-2902

Mast Landing School: [Erika Skiff, RN_skiffe@rsu5.org](mailto:Erika.Skiff,RN_skiffe@rsu5.org) 865-4561 x 2 Fax: 865-2909

Pownal Elementary School: [Abigail Leavitt, RN_leavitta@rsu5.org](mailto:Abigail.Leavitt,RN_leavitta@rsu5.org) 688-4832 Fax:688-4872

Morse Street School: [Brooke Rich, RN_richb@rsu5.org](mailto:Brooke.Rich,RN_richb@rsu5.org)

[Shannon Sampson, RN_sampsons@rsu5.org](mailto:Shannon.Sampson,RN_sampsons@rsu5.org) 865-6361 x 225 Fax: 865-2093