

Harvest Christian Academy

2022-2023 Health Plan Guidelines

In our commitment to provide our families with the best possible action plan when contending with an illness, the HCA medical team has put into place the following reminders and guidelines:

- Wash your hands often, either with soap and water for 20 seconds or use hand sanitizer.
- Cover your cough or sneeze with a tissue.
- Clean frequently touched objects and surfaces such as notebooks and lunch bags.
- Monitor your health daily and report suspected illness promptly.

Nurse Overby's Healthy Tips:

"Put color on your plate!" Colorful fruits and vegetables are full of essential minerals, such as Vitamin C, and antioxidants.

"Hydrate, hydrate, hydrate!" Aim for 64 oz of water a day to keep the body primed to flush out toxins.

"Get moving!" A body in motion stays in motion! **Bonus tip:** Take it outside!

"Find your joy!" Laughter works wonders for decreasing stress and making a heart happy!

"Recharge your battery!" Sleep is your body's reset button. 7 to 9 hours of sleep is great!

General Health Guidelines:

Description of Illness	Symptoms	Action Plan	Return to School Plan
One or two mild symptoms	Student exhibits the following mild symptoms: headache, stuffy nose, sore throat, mild stomachache, fatigue, and/or temperature less than 100 degrees without the use of medications.	1) If student is at home, they will have one day for every day absent to make up schoolwork if they decide to stay home. 2) If a student is on campus, and exhibits one or two mild symptoms listed, he/she will be evaluated, and a parent will receive an email explaining symptoms & the actions taken.	If student does not shift into a higher degree of illness, he/she can remain in school without requiring a physician's note.
A temperature greater than 100 degrees AND/OR any of the listed symptoms	Student exhibits nausea, vomiting or diarrhea, and/or has a temperate greater than 100 degrees.	1) If student is on campus, he/she will be seen in the HCA Clinic. Parents will be contacted to pick up the student and student may be asked to wear a mask. 2) If student is at home student must follow <i>Return to School Plan</i> .	Student will not be allowed to return to school until symptom-free for 24-48 hours and w/o the use of illness reducing medications for at least 24 hrs prior to return – OR – a physician's note stating student is in good health and may return to school.

Current COVID-19 Response Guidelines:

- Self-monitor daily temperatures at home.
- Accessible sanitization stations.
- Regular cleaning and disinfecting.
- Contact tracing and communication.
- Masks optional*, not required.
- Vaccines optional, not required.

Description of Illness	Symptoms	Action Plan	Return to School Plan
If a student is actively sick with COVID-19 or has received a positive test result for COVID-19.	Fever, chills, cough, shortness of breath/difficulty breathing, body aches, new loss of taste or smell, congestion, sore throat with a COVID-19 positive test	Parents must ensure they do not send a child to school or a school activity until the conditions for re-entry are met. See <i>Return to School Plan</i> .	Student can return to campus once the following are met: 1) 5 days from a <i>lab confirmed</i> COVID-19 positive test AND/OR the start of the symptoms (if testing is deferred), AND 2) fever free for 24 hours without the use of fever reducing medication, AND 3) symptoms have improved. *Student must wear a mask for an additional 5 days following the initial quarantine – OR – Student may complete the additional 5 days at home if mask wearing is deferred.
Student living with a COVID-19 positive person AND becomes symptomatic	Fever, chills, cough, shortness of breath/difficulty breathing, body aches, new loss of taste or smell, congestion, sore throat	If student is on campus, he/she will be removed from class. Parents will be contacted to pick up the student.	Following the CDC recommendations, students will be required to follow a 5 day stay-at-home period. Students may return to campus as long as symptom-free and must wear a mask for an additional 5 days – OR – Student may complete the additional 5 days at home if mask wearing is deferred

Please Note: The details in this document are subject to change as HCA receives guidance from state and local authorities or as conditions change.

2022/8.8



Harvest Christian Academy

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