



Dear Manitou Springs School District 14 Staff,

The below symptoms have been identified by CDC as possible symptoms of COVID-19. It is recommended that you follow the CDC guidelines at: CDC Coronavirus Disease:

[What to Do If You Are Sick](#)

MAJOR SYMPTOMS	MINOR SYMPTOMS
<ul style="list-style-type: none"> • Feeling feverish, having chills • Temperature of 100.4 °F or greater • Loss of taste or smell • New or unexplained persistent cough • Shortness of breath or difficulty breathing <p>If any Staff member has one of these symptoms and if they do not resolve in 24 hours you MUST contact your PCP and obtain an alternate diagnosis and/or have a COVID test done.</p> <p>The alternate diagnosis per the El Paso County Public Health Guidelines can't say: URI (Upper Respiratory Infection), Common Cold or Viral Illness. Please do not leave your health care provider's office with one of these diagnoses.</p> <p>WE CAN NOT LET A STAFF MEMBER RETURN WITHOUT AN ALTERNATE DIAGNOSIS IF THEIR MAJOR SYMPTOMS DID NOT RESOLVE WITHIN 24 HOURS, even if the COVID test is NEGATIVE.</p>	<ul style="list-style-type: none"> • Severe Rash • Sore throat • Runny nose or congestion • Muscle or body aches • Headache • Fatigue • Nausea, vomiting • Diarrhea <p>If any Staff member has any of the above symptoms and if they do not resolve within 48 hours, you MUST contact your PCP and obtain an alternate diagnosis and/or have a COVID test done.</p> <p>The alternate diagnosis per the El Paso County Public Health Guidelines can't say: URI (Upper Respiratory Infection), Common Cold or Viral Illness. Please do not leave your health care provider's office with one of these diagnoses.</p> <p>WE CAN NOT LET A STAFF MEMBER RETURN WITHOUT AN ALTERNATE DIAGNOSIS IF THEIR MINOR SYMPTOMS DID NOT RESOLVE WITHIN 48 HOURS, even if the COVID test is NEGATIVE.</p>

It is imperative that you contact your supervisor to let them know if the symptoms are resolved within 24-48 hours. If they do not resolve, or if you have any worsening or new signs and symptoms within the 24-48 please report that to the school nurse also.

- If a Staff member exhibits the following symptoms **SEEK EMERGENCY MEDICAL CARE IMMEDIATELY:**
 - Trouble breathing
 - Pain or pressure in the chest that does not go away
 - New confusion

- Inability to wake up or stay awake
 - Blue lips or face
 - Severe abdominal pain
- If any Staff member has been exposed (within 6 feet and for longer than 15 minutes) with any person who has been diagnosed with COVID-19 or is in Quarantine and having symptoms; the Staff member **must stay home and contact your Primary Care Provider. Please inform the school nurse of your building.**

Prior to returning to school, **all symptomatic individuals must have one or more of the following:**

- Resolution of all symptoms within the 24- or 48-hour explanation above. If your symptoms resolve **AND** you have spoken with your supervisor then you may return to school.
- OR**
- If symptoms last longer than 24 hours for a Major Symptom or longer than 48 hours for a Minor symptom then you **MUST** contact your primary care provider to obtain a negative COVID-19 test **AND** an alternate diagnosis from a health care provider.

An alternate diagnosis from a health care provider that explains all new symptoms with lab confirmation of another verifiable illness such as -Strep, rhinovirus, Influenza A/B, etc., and they have cleared you to return to school.

Per El Paso County Health: **Due to similarities in disease presentation, general diagnosis of common cold, upper respiratory infection (URI) or viral illness will not be sufficient to allow the student/staff to return to school.** Please make sure before you leave the health care providers office they have given you an acceptable diagnosis.

OR

A clinical diagnosis of worsening chronic or known illness such as Asthma Exacerbation or Season Allergies Exacerbation.

OR

If None of the above are obtained the Staff member **MUST** complete a 10 day **home isolation** from the day they started with symptoms **AND** be fever free for 24 hours without taking any fever-reducing medications **AND** the symptoms must have improved.

Isolation means separating ill persons who have a communicable disease from those who are healthy to help stop the spread of that disease. For **Home Isolation**

Stay home, except to get medical care.

- Prior to seeking ANY medical attention in an office, clinic, or hospital, you **must** call and inform your that healthcare facility that you have or are being evaluated for COVID-19 so the facility can take steps to protect other people.
- Do not travel by airplane, ship, long-distance bus, or train.
- Any other travel should be coordinated with EPCPH.
- Do not use public transportation, such as light rail, bus, or taxi.
- Remain in the location that has been designated for your isolation.
 - Do not go to work. Working from a home-based office is permitted.
 - Do not go to school, grocery stores or other public places.

Separate yourself from other people and animals in your home.

- As much as possible, stay in a specific room and away from other people in your home.
- Use a separate bathroom, if available.
- Have another member of your household care for your pets. If you must care for your pet, wear a face mask and wash your hands before and after you interact with your pet. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is best for people sick with COVID-19 to limit contact with animals until we know more about the virus.

Quarantine means separating an individual or a group reasonably believed to have been exposed to a communicable disease, but who is/are not yet ill, from others who have not been exposed to prevent the possible spread of the communicable disease.

If any of your student's cohort needs to quarantine, the school nurse and building administration will let the students know. To follow a 14 day quarantine means to stay out of **any public places** until you are told you may return to school. As a staff member, you may not come on campus if you need to be quarantined. You will need to make arrangements to gather any of your work materials.

We understand how difficult this time can be. 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 our community.

Please contact the school nurse at your school if you have any questions regarding these guidelines. The El Paso County Health Department may be reached for questions on COVID-19 contact at 719-575-8888 (M-F 8:00 AM- 6:00 PM). For after-hours needs/questions, El Paso County Public Health Department concerns: 719-235-2278.

<https://www.elpasocountyhealth.org>

Thank you,
Manitou Springs School District Health Team