

Lake Wales Charter Schools

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Student/Staff Sick Policy during COVID-19 Pandemic

The purpose of this policy is to give guidance to Lake Wales Charter Schools students and staff during the COVID-19 pandemic regarding sickness.

Symptoms/Situations Requiring Absence:

- 1) Active nausea, vomiting or diarrhea;
- 2) Temperature of 100.4 or higher, chills, generalized body aches/fatigue;
- 3) Headache that is continuous, and atypical for those who suffer from frequent headaches/migraines;
- 4) Shortness of breath or difficulty breathing, cough, sore throat, congestion, loss of taste or smell;
- 5) Positive COVID-19 test results with or without any symptoms
- 6) If you have had direct contact, within 6 ft for 15 minutes (cumulative) with an individual who has tested positive for COVID-19, and you develop known COVID-19 symptoms.
- 7) If you live in the home with someone who has tested positive for COVID-19 and you begin to exhibit known COVID-19 symptoms;
- 8) The first 24 hours of various antibiotic treatments (i.e. for strep throat, pink eye, etc.)
- 9) Undiagnosed, new, and/or untreated rash or skin condition (i.e. generalized hives, wound with purulent drainage, etc.)
- 10) Doctor's note requiring an individualized plan of care to stay home.

When to Return:

- 1) Known COVID-19 symptoms include **fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion, nausea, vomiting, and diarrhea**. You will be required to contact your primary care provider for diagnosis and or a PCR COVID test. If you have no primary care provider, the Florida Department of Health in Polk County will provide COVID testing at no charge. You must have a note signed by your doctor with your symptoms improving and a date for you to return or a negative PCR COVID test prior to returning to school/work.
- 2) If you have recently received your COVID-19 vaccine and begin to have pain, redness, or swelling at the site where you were vaccinated, or experience fatigue, headache, muscle pain, chills, fever, or nausea **within the first 48 hours after vaccination** this is expected. In most cases, this is a normal sign that your body is building protection. However, you will need to remain home until these symptoms have improved. If they have not improved after 48 hours you will be required to have a doctor's note before returning to school/work.
- 3) If you are COVID positive with or without symptoms, you will be required to complete a minimum 10-day isolation period from symptom onset or your positive test result (whichever came first). Once your 10 days have been completed, if your symptoms are improving and you have been fever-free for 24 hours without the use of fever reducing medications you will be allowed to return to school/work. You will not be required to have a negative COVID test to

return. If your symptoms are not improved by day 10, you will need to continue to isolate until your symptoms improve and you have been fever-free for 24 hours without fever reducing medications.

- 4) If you have been identified as a direct contact or live in the home of someone who has tested positive for COVID-19 you may choose to quarantine at home for the recommended 10 days, regardless of vaccination status. If you choose not to quarantine at home you may return to school/work but will be required to wear a face covering and assess daily for any development of COVID-19 symptoms during the 10 days since last exposure to the positive case. If at any time during those 10 days you develop known COVID-19 symptoms you must self-isolate and will be required to have a negative PCR COVID-19 test or a doctors note stating when you are able to return with symptoms improving.
- 5) After 24 hours on antibiotics for variety of bacterial causes.
- 6) Doctor's note of clearance for various student/staff-specific medical conditions.

Updated 8/4/21

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