

## HIGH BRIDGE SCHOOL DISTRICT

Dear Parents/Guardians,

Below are Symptoms of COVID-19 from the CDC for your reference. As you can see symptoms seen in COVID-19 are also common in other childhood illnesses like the common cold, the flu, or seasonal allergies. Your role as a parent/guardian is to monitor your child's health daily. In order to maintain the health and safety of all students and staff, we are asking you to review the following each morning before sending your child to school.

### **Daily pre-attendance checklist for students:**

**1. Has your child had any of the following in the past 48 hrs:**

- Fever (100\* or above without taking fever reducing medication) or chills
- Cough
- Shortness of breath or difficulty breathing (not related to exercise or asthma)
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose (not related to allergies)
- Nausea or vomiting
- Diarrhea (more than 1 loose bowel movement)

**2. Has your child had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with or suspected of having COVID-19?**

**3. Is your child or any member of your household isolating or quarantining because they are suspected of being sick with COVID-19 or has any health department or health care provider been in contact with you and advised you to quarantine your child?**

**4. Has your child or any member of your household traveled to any state or country within the last 14 days that requires them to quarantine?**

**NJ travel advisory list:**

<https://covid19.nj.gov/faqs/nj-information/travelinformation/which-states-are-on-the-travel-advisory-list-are-there-travelrestrictions-to-or-from-new-jersey>

**International travel advisory:**

<https://www.cdc.gov/coronavirus/2019ncov/travelers/after-travel-precautions.html>

**5. Is your child currently waiting on the results of a COVID-19 test?**

***\*If yes to any of the above, student should not go to school. Contact your child's school nurse for instructions.***

By sending your child to school you are attesting that the answer to all of the above questions are **“No” on that day**. If you have any question about your student's health, please err on the side of excluding them from school and seek medical attention for evaluation. Especially in this current situation, “if in doubt.....keep them out!” You can contact the school nurse for guidance before sending them. It may simply mean that your child will be able to come into school late or will need to attend school virtually. Better late or virtual than possibly exposing others.

We kindly request that you contact the school nurse ASAP if your child has tested positive for COVID-19. We appreciate your cooperation in this very important health matter. We are counting on everyone to do their part in controlling this virus so we can keep our schools open.

As always, if you have any questions or concerns, please do not hesitate to contact us. More information on Covid-19 and guidelines for school attendance can be found on the health office webpage.

Sincerely,

Gregory Hobough, Ed.D.  
Elementary Principal/ Superintendent

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