

Farmington River Regional School District
Otis & Sandisfield
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Otis, MA 01253-0679
Phone (413) 269-4466 Fax (413) 269-7659

HEALTH GUIDELINES 2021-2022

Dear Farmington River Parents / Guardians,

If your child is exhibiting the following symptoms:

- Fever (Temperature of 100 or above)
- Chills
- Cough (not due to other known cause, such as chronic cough)
- Shortness of breath or difficulty breathing
- Unusual muscle or body aches or fatigue
- New loss of taste or smell
- Gastrointestinal symptoms (diarrhea, nausea or vomiting)
- Nasal congestion or runny nose (not due to other known causes, ie allergies)
- Headache w/other symptoms

The above symptoms have been identified by MDH and CDC as possible symptoms of COVID 19. It is recommended that you follow the CDC guidelines at [CDC Coronavirus Disease 2019](#).

WHAT TO DO IF YOUR CHILD IS SICK:

- Keep your child at home, except to seek medical care.
- Notify your medical provider of your child's systems.

If your child exhibits the following symptoms **SEEK EMERGENCY MEDICAL CARE IMMEDIATELY:**

- | | |
|--|-------------------------------------|
| *Trouble breathing | *Inability to wake up to stay awake |
| *Pain or pressure in the chest that does not go away | *Blue lips or face |
| *New confusion | *Severe abdominal pain |

IN ORDER FOR YOUR CHILD TO RETURN TO SCHOOL THE FOLLOWING MUST TAKE PLACE:

Your child sees a healthcare provider and returns with a note stating they have been assessed AND

- Are cleared to return to school
- Do NOT qualify for COVID 19 testing **and** provide an alternative diagnosis
- Received a negative COVID 19 test **and** provide an alternative diagnosis


Your child does not see a healthcare provider the following **must** take place:

- Child **MUST** stay home from school for **ten (10)** from when the **symptoms first appeared, AND** your child **MUST** be fever free for at least three (3) days without the use of fever reducing medications, **AND** all symptoms have improved.

We understand how difficult this time can be. Our top priority is to promote the health and safety of all our students and staff. Thank you for helping us to protect all members of our community.

Please feel free to contact me by phone at 413-269-4466 ext 146 or by email at dzuidema@frrsd.org.

Thank you,


Denise Zuidema, RN
School Nurse FRR