

August 13, 2021

Dear Parent or Guardian:

Greetings from your school health room!

Our goal is to ensure that your student enjoys a safe and healthy school year while balancing the COVID-19 pandemic mitigation strategies. To help us achieve our goal, please read the following information carefully:

To mitigate the spread of COVID-19 at school, FCPS has developed the [Health and Safety Guidance Document for 2021-22 | Fairfax County Public Schools \(fcps.edu\)](#) for all school staff, parents/guardians, and students to follow. Please pay special attention to the following guidelines from this document:

- Have your student wear a properly fitted face mask when he/she comes to school unless your student is exempted from wearing face mask. See [Types of Masks \(fcps.edu\)](#) and [How to Put On and Take Off a Face Covering-Student Procedures](#)
 - Encourage your student to wash hands often and always cover coughs and sneezes.
 - You are required to complete the [Daily Health Screening Questionnaire](#) prior to sending your student to school each morning. The required screening must be completed for all school-aged children in the household. Any student demonstrating symptoms of illness should stay home to help “Stop the Spread” of COVID-19.
 - Students demonstrating any of the following COVID-like symptoms will be sent home from school:
 - Fever (100.4 or greater) - Chills – Cough – Shortness of breath – Loss of taste/smell – Sore throat – Fatigue – Muscle aches – Runny Nose/Congestion – Stomachache – Diarrhea – Nausea/Vomiting – Headaches.
- You will be notified to pick up student within one hour and a [SICK STUDENT NOTIFICATION and RETURN to SCHOOL FORM](#) will be sent home. In order to return to school, you must have the form completed by a health care provider and provide the completed form to the school.
- Students who have been diagnosed with COVID-19, may not return until:
 - It has been at least ten (10) days since your student first had symptoms AND
 - Your student has had no fever without anti-fever medicines (ex: Tylenol, Ibuprofen) for 24 hours AND
 - Your student’s symptoms are getting better
 - If someone in the household has been diagnosed with COVID-19, or the student is exposed, the student must remain home for 14 days after their last exposure to the household member.

The most important thing we can all do to keep our schools safe and open all year is to get the COVID-19 vaccine as soon as we are eligible. Adolescent 12 years of age and older are eligible

for COVID-19 vaccine. Vaccines are safe, effective, available, and free. To make an appointment for your student, visit the [Vaccine Administration Management System \(VAMS\)](#).

If you have any questions regarding the above guidelines from FCPS, please contact your school administrators.

Your school health room services include:

1. Care of sick (except COVID-like symptoms/illness) and injured students according to the FCPS School Health Emergency COVID Temporary Care Guidelines.
2. Administration of medication provided by parents/guardians with proper authorization completed by their health care provider.
3. Coordination of care for students with chronic health conditions during the school day.
4. Hearing and vision screening (grades K, 3, 7, 10, new to Fairfax County Public Schools (FCPS), and those students referred by teachers and parents/guardians).

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How can you help your school health room provide the best possible care?

- Keep your student home when they are sick.
- Advise the School Health Aide or the Public Health Nurse of any special health concerns.
- Immediately notify the physical education (PE) teacher if your child has any PE restrictions.
- Provide current home, work, and alternate telephone numbers for the Emergency Care Information form.
- When medication must be administered during the school day, please follow the guidelines established in the current version of FCPS Regulation 2102:
 1. Complete the FCPS [Medication Authorization forms](#)
 2. Provide the school with properly labeled containers (your pharmacist will usually provide an extra container if you request it). Only a 30-day supply of medication should be brought into school at a time.
 3. Medications **must** be transported to and from school by a parent/guardian; except, with parent/guardian approval, a high school student may carry over-the-counter (OTC) medications to and from the school health room.
 4. Medications **must** be kept in the school health room or other school-approved location unless approved for the student to carry it during school hours. If a student carries his or her own medication, a backup may be kept in the school health room.
 5. OTC medications may be given up to **ten** consecutive school days with the parent's or guardian's signature on the FCPS Medication Authorization form before a physician's authorization is required.
 6. OTC medications that are pain relievers may be given as needed throughout the school year with only the parent's or guardian's signature on part I of the FCPS Medication Authorization form.
 7. Cough drops and throat lozenges may be carried and used by students in kindergarten through grade 12 as needed throughout the school year, provided that they are in the original container or packaging. Students must not share cough drops or throat lozenges under any circumstances.

Thank you for your cooperation and assistance in helping to make this a safe and healthy school year for all FCPS students. If you have any questions regarding the health room services, please feel free to call either your School Health Aide, Lema Kayer, at 703-394-5610 or your school Public Health Nurse, Wendy Dominguez , RN, at 571-536-8620.