

## IMPORTANT INFORMATION FROM THE HEALTH OFFICE

Welcome back!

The health office at the Alternative High School will be a little different this year to keep everyone safe and healthy.

It is more important than ever to keep your student home if they are feeling ill and monitor their symptoms. This will help everyone stay safe and healthy.

The district will follow the Minnesota Department of Health's (MDH) guidelines to determine whether a student needs to be excluded from school. The guidelines state if a student has shortness of breath or new and persistent cough they will be **sent home for at least 10 days**. If a student has two or more other COVID-19 symptoms (determined by MDH and does NOT have to include a fever), they will be **sent home for at least 10 days**.

Along with sending the student home with the above symptoms, **all siblings will be sent home for at least 14 days**. Number of days excluded could change for each student. If they are diagnosed by a health care provider with an alternative diagnosis, documentation must be provided to the school.

**If your student is diagnosed with COVID-19 or has been in contact with someone who is positive, please let us know immediately.**

We will be limiting visits to the health office for Chapstick, lotion and other nonessential items. Send a water bottle with your student as drinking fountains will be turned off, but the water bottle fill station will be on.

If your student requires medication, please bring it in the week of Aug. 31 through Sept. 3. The medication forms are on the district website and will be available here at school. We are able to fax the forms to your student's doctor to get their signature if needed. Please make sure the medication is **not expired**. If your student has an inhaler, it is recommended they use a spacer.

Please make sure you have logged into your student's parent portal to make sure all of the information is correct and update any health conditions.

Please let us know if you have any questions or concerns.

Be well,

Jackie Greiner  
Office Coordinator/CTE Administrative Assistant/Health Assistant

Michelle Salita RN  
Licensed School Nurse