



Message from the School Nurse

School Nurse Introduction

Hello, my name is Shawn Camargo and I am the new school nurse here at St. Ambrose. I have been married to my husband Andres for 14 years and we have four children. Our three youngest will be attending St. Ambrose. We have lived all over the country due to my husband's job in the Coast Guard. I have a Bachelors of Liberal Arts in Public Relations and Strategic Communication from Purdue University and a Bachelors of Science in Nursing from Indiana Wesleyan University. I have been a nurse since 2013, and have experience in both hospitals and schools. Most recently I worked at Inova Fair Oaks on the Covid unit. I have extensive work with Covid, and I am here to help guide St. Ambrose during these uncertain times. I will be here to help answer any questions you may have.

Return to School During Covid-19

We all know this can be a scary time, but we are here to help ensure the safety of all students and staff while fostering a healthy learning environment. To make this happen we will all have to work together. Please remember that we are on a continually changing basis, so please be aware that there could be changes to guidelines and policies as new guidelines are released. These changes will always be reflected in the Covid-19 plan on our website, and we will notify you immediately.

Masks

Masks must be worn at all times with the exception of lunch and outdoor play. There will be no exceptions, but please know that we will help our students adjust to this "new normal." Talk to your student/s about proper mask wearing. Remind them to not touch the outside of their mask, and if they do to wash or sanitize their hands after. Please send your student with two clean masks each day. The reason for the second is to have a backup in case something happens to the first or it becomes soiled. Place the second mask in a ziplock bag to keep it clean. Additionally, please send something for the student to place their mask in when the mask is not in use. Maria had mentioned in previous communications to send in a plastic contain. I recommend a paper bag, this is to help reduce moisture and not allow bacteria to grow. Please make sure all masks and mask holders are labeled with your students name.

Morning Health Screen and Temperature Check

There will be specific steps that will be taken each day that families will need to follow to help in this process. Each morning a Health Screen will need to be completed for each student in your family. You will receive a link to a Google Doc that will need to be filled out and returned to the school **prior to drop off**. At drop off temperature checks of each student will occur **prior to the student getting out of the car**. Should your child's temperature be 100°F (38°C.) or higher they will not be allowed to enter the school for that day. Please note the temperature change

from 100.4 to 100 even. This was discussed with Dr. Vorbach, and it was determined that was an acceptable threshold for the safety of our students and staff. Morning drop off has changed this year due to morning temperature checks. We will have two lanes starting at door #8 (far East side of the school).

Health Screen Questions

Below you will find the health screen questions you will be receiving every morning.

YES or NO, neither I nor my child(ren) have any of the following:

- A fever of 100°F. (38°C.) or higher or a sense of having a fever during the past 72 hours
- New or unexpected cough that cannot be attributed to another health condition
- New shortness of breath or difficulty breathing that cannot be attributed to another health condition
- New chills that cannot be attributed to another health condition
- A new sore throat that cannot be attributed to another health condition
- New muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise)
- New loss of taste or smell
- Nausea, vomiting or diarrhea
- Currently living with a person who has exhibited symptoms of COVID-19 or is currently under quarantine due to close contact with a person suspected or confirmed to have COVID-19

YES or NO, in the past 14 days, neither I nor my child(ren) have done any of the following:

- Cared for or had other close contact with a person suspected or confirmed to have COVID-19
- Travelled internationally

If you answer YES to any of the above questions you cannot attend school that day, and you need to notify the school/nurse for further instructions.

What happens if my child does have a temperature?

Should your child develop a temperature of 100°F (38°C.) or greater there are certain steps that will have to occur prior to returning to school.

1. Should your student develop a temperature at school they will be moved to the isolation room and the parent will be called immediately to pick up the student. Please have arrangements in place that your child can be picked up within 30 minutes of being called.
2. During the morning health screen you see your child has developed a temperature, that student plus their siblings will need to remain home.
3. All siblings will need to stay home and consult with a physician before returning to school.
 - a. Should one child develop a fever or any Covid-19 symptoms all siblings will need to stay home until you can consult with your physician. The physician will need to either provide written documentation or email the school that the affected child is not a suspected Covid-19 case and that the siblings are safe to return to school.
 - b. Should the physician have any suspicion that this could be Covid-19 all students will need to remain home and quarantine. During this time students are expected to log in each day to be present for class via live stream. Students will need to be

dressed in their uniform, supplies ready and in a room other than their bedroom by the start of class each day. Should your student need any of their supplies from school, call the front office and let them know. We will make arrangements for you to retrieve what is needed. Please do not show up at the school asking for the supplies, call first.

4. If your child becomes ill with any COVID-19 symptoms please see our reentry plan under protocols for when to stay home. If your student has an unrelated illness other than Covid-19 they can return to school when they are completely fever and symptom free for 24 hours without the use of medication, and have a physician's note stating that a return to school is allowed.

Signs and Symptoms of Covid-19

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you experience any of the above symptoms call your physician, do not show up without calling first.

We cannot stress it enough, please DO NOT send your child to school if they are not feeling well. We all need to consider the safety and wellbeing of everyone here at St. Ambrose.

What Happens if My Student is a Suspected or Confirmed Covid-19 Case?

Parents are required to inform the school via phone and email of any positive student case(s) of COVID-19 or student family cases of COVID-19. If a student has tested positive for COVID-19, a negative test is not required to return to school. A doctor's note is required for return and it must state that the student is cleared to return to school. Please see the school reentry plan for specific protocol.

If you have any questions or concerns please feel free to contact me at scamargo@stambroseschool.org or at (703) 698-7171.

Thanks you,

Shawn Camargo BSN, RN
St Ambrose School Nurse