

CDC COVID 19 Update for Schools 8/11/2022

Our first day of school for Hinsdale students is Tuesday, August 30th. On August 11th, the Center for Disease Control (CDC) released updated guidance for COVID-19 in schools and child care settings. Last school year, the Hinsdale School District followed CDC guidance and plans to continue to do so for the 2022-2023 school year.

The following summary provides an update for students and families.

Stay Home When Sick

The guidance advises to stay home when sick. *Those with the following symptoms should stay home:*

- respiratory or gastrointestinal infections
- cough,
- fever (temperature greater than 100 degrees F),
- sore throat,
- vomiting
- diarrhea

Testing

Testing is recommended as soon as possible for people with symptoms. The schools will not be conducting tests this year, but will have tests available for families to test at home.

Parents are asked to please contact the school if their child tests positive. For attendance purposes, please email a picture of a positive test with the date and student's name.

If the student's test is negative but with symptoms, please email a picture of the negative test with student's name and the date on it.

Ventilation

All the recommended steps for HVAC systems have been taken. Open windows as much as possible. Use child safe fans, maximize intake of outdoor air, run for maximum airflow two hours before and after the building is occupied.

Hand Hygiene and Respiratory Etiquette

The district will teach and reinforce proper hand washing or use of hand sanitizer especially during key times of day such as snack and meal time. We will also emphasize proper covering for coughs and sneezes.

Cleaning

At least once per day, surfaces will be cleaned. If a person with COVID-19 has been inside a school within last 24 hours, the space will be cleaned and disinfected.

Quarantine

Quarantine is no longer recommended for people who are exposed to COVID-19.

Isolation

If you test positive for COVID-19, stay home for at least five (5) days and isolate from others in your home.

If you had symptoms:

- Day 0 of isolation is the day of symptom onset, regardless of when you tested positive.
- Day 1 is the first full day after the day your symptoms started.

Return to School

You may end isolation after Day 5 and return to school - wearing a mask - through Day 10 if:

- You are fever-free for 24 hours without the use of fever-reducing medication, and
- Your symptoms are improving

If you still have a fever or your other symptoms have not improved, continue to isolate until they improve.

If you had moderate illness (shortness of breath or had difficulty breathing), or severe illness (you were hospitalized due to COVID-19), or you have a weakened immune system, you need to isolate through Day 10.

If you had severe illness or have a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you.

If you are unsure if your symptoms are moderate or severe, or if you have a weakened immune system, talk to your healthcare provider for further guidance.