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Dear Parents,

As we prepare for the return of in-person learning, our highest priority is keeping students, families and staff healthy and reducing the risk and spread of COVID-19. We would like to give you some guidelines on COVID-19 and other common illnesses to help you with your decisions on whether or not to send your student to school.

Coronavirus (COVID-19) is a disease caused by a respiratory virus. COVID-19 spreads:

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs, sneezes or talks
- These droplets can land in the mouths or noses of people who are nearby or possibly be breathed into the lungs
- Some people without any symptoms may be able to spread the virus

Symptoms of COVID-19 can include:

- cough
- shortness of breath or difficulty breathing
- new loss of taste or smell
- fever of 100.4 degrees or higher
- chills or shaking chills
- muscle or body aches
- headache
- sore throat
- nausea or vomiting
- diarrhea
- fatigue
- congestion or runny nose

In an effort to prevent the spread of illness, please **do not** send your child to school if they are experiencing any of these symptoms. If your student or any household members develop COVID-like illness, or are tested for COVID, please keep your student at home and notify the school nurse for more guidance.

If a student develops COVID-like illness during the school day, the school nurse or administrator will call home, and the student must be picked up immediately. Students and staff with COVID-like illness are required to stay out of the school building for 10 days from the onset of illness, or upon receiving another diagnosis to explain the symptoms.

Please be advised that if your student has any of the symptoms listed below he/she should not attend school:

1. **EYES:** thick mucus or pus draining from the eye or pink eye (conjunctivitis)
2. **FEVER:** temperature of 100.4 degrees Fahrenheit or higher
3. **GREENISH NOSE DISCHARGE AND/OR CHRONIC COUGH:** should be seen by a health care provider. These conditions may be contagious and require treatment

4. **SORE THROAT:** especially with fever or swollen glands in the neck
5. **DIARRHEA:** 3 or more watery stools in a 24 hour period especially if child acts or looks ill
6. **VOMITING:** vomiting within the last 24 hours
7. **RASH:** body rash, especially with fever or itching. Diaper rashes, heat rashes and allergic reactions are not contagious.

If your student has recently been ill, please be aware of the following guidelines before having your student return to school:

1. He/she should be feeling fit for 24 hours before returning to school, athletic or social activities.
2. **EYES:** If diagnosed with conjunctivitis, he/she should be on prescription antibiotic eye drops for 24 hours before returning to school.
3. **FEVER:** He/she should be free of temperature without the use of fever reducing medicine for at least 24 hours.
4. **SORE THROAT:** If diagnosed with strep, he/she should be taking an antibiotic for at least 24 hours before returning.
5. **DIARRHEA/VOMITING:** He/she should be free of vomiting and/or diarrhea for 24 hours.
6. **RASH:** Student must provide appropriate documentation that the rash is not communicable and a diagnosis whenever possible. Based on the nurse's assessment, documentation from a health care provider may be required.

To help keep your children healthy, make sure they have plenty of rest and a good, nutritious diet. Make sure they are dressed properly when playing outdoors. Please notify the school if your child has been diagnosed with COVID-19, strep throat, chickenpox, scarlet fever, etc.

The single most important thing you can do to keep your child free of illness is to teach him/her the proper way to wash their hands. Make sure he/she uses soap and rubs hands together for 20 seconds. He/she should then rinse their hands in running water and dry them thoroughly

Please help us keep our children healthy by keeping your child home if ill. Remember, one sick child can spread the illness to all his/her classmates.

Thank you for your cooperation,



Lauren A. Williams  
Coordinator of School Health Services