

OLSS SCHOOL NURSE NEWS

OLSS SCHOOL COVID TESTING AVAILABILITY

In School COVID Testing

Dear OLSS School families,
I wanted to announce that Our Lady Star of the Sea School now has the ability to COVID test on site at school when:

- a.) A student or staff member has been identified as exposed to a positive case and is either asymptomatic or symptomatic OR
- b.) If a student or staff member has COVID- like illness that requires testing.

This testing is completely **voluntary**, and parents will need to **sign consent and be present on site** when testing occurs. We have the availability to complete both **rapid testing AND PCR testing**. Access to in school testing will allow us to have the ability to know immediately if student/staff are positive by rapid testing and initiate quarantine protocols as indicated. PCR tests will also be available which will be sent via FedEx to MAKO Medical facilities in Texas for processing. Mako Medical PCR results have a four-day test turnaround guaranteed. A negative PCR test is still **REQUIRED** to return to school for COVID-like illness. Access to in school testing will provide convenience to families and staff. They will have the ability to access testing immediately prior to leaving school and avoid long wait times for appointments and testing at other facilities. Students and staff should still seek treatment by their provider if symptoms are concerning for other conditions, do not resolve or worsen, for a fever of 103 or higher, or a fever lasting more than 3 days. Our Lady Star of the Sea's Lab is for **testing purposes ONLY** and cannot diagnose or treat students. Pre-k through 1st grade are still subject to closure if a COVID-like illness or positive case occurs. All other classes, students are subject to quarantine if identified as a close contact (less

than 6 feet, for longer than 15 minutes, with or without a mask).

Bayshore Pediatrics Students

I would still highly recommend that our Bayshore Pediatrics students access their provider for same day PCR COVID testing as this will continue to be the fastest way for PCR results to be obtained. Access to the same day PCR has given us the ability to avoid classroom closures in the last couple months or keep closures to a single day.

What Does Testing Look Like? Does it Hurt?

BOTH Rapid and PCR testing are completed with a soft tip Q-tip and are performed as a nasal swab **less than one inch** into the nostril. These tests are **NOT naso-pharyngeal** (meaning farther back into the nasal cavity space towards the back of the throat.) The test is painless, and most children (my own child included) has described testing as a "tickle" in the nose. Some children may state they feel like they have to sneeze, or they may have some watery eyes from the "tickling" feeling in their nose.

If you have any questions about COVID testing in school, please feel free to contact me for further details.



Spring Allergies Have Arrived!

Just a quick update that allergy season is upon us! I wanted to send a friendly reminder that any students who have seasonal allergies and struggle with the following: runny nose/congestion, itchy/watery eyes, cough, scratchy/sore throat, sneezing to please have your student's physician send in a note stating your child has seasonal allergies. This note will prevent unwarranted COVID testing due to some allergy and COVID symptoms overlapping. If you have a student that takes regular over the counter allergy medicines, please have them start taking them daily now. **IF your student has allergies, and I do NOT have documentation from their doctor of their allergies, and they attend school with a runny nose/congestion, sore throat, and or cough, they will be sent home and must test for COVID or quarantine prior to return to school. I want to be proactive as the weather gets warmer and prevent any unwarranted testing or classroom closures due to seasonal allergies.** If your student does have seasonal allergies and is taking their medications regularly and they do develop new onset cough, congestion, or sore throat not controlled by their allergy medicine, they should be further evaluated by their physician to determine if testing or medication adjustments are needed. Please let me know if you have any questions or concerns.



OLSS EASTER TRAVEL GUIDELINES

Many of you may have heard as of 3/9/21 Governor Hogan lifted the quarantine requirements for out-of-state travel. A travel advisory remains in effect from the Maryland Department of Health and COVID testing is still recommended for out-of-state travel. Please see the advisories from both Governor Hogan and the Maryland Department of Health below. OLSS School has been very successful thus far in preventing the spread of COVID within our community and we are committed to continue to protect our students, staff, and community. OLSS School will continue to expect any teachers or families that have not returned from out of state travel by the weekend of 4/9/21, to be COVID tested with negative PCR results, prior to returning to in-school learning on 4/19/21. **The purpose and expectation of our virtual learning week 4/12-4/16 is that students and families should have returned home from their Easter break travels and should be at home, in uniform, and ready to learn as if they were in school.** This week is meant to be a "quarantine" week to ensure that families do not develop any signs or symptoms of infection after travelling and gathering with families for the holiday. **This week should not be used as an extended vacation.** Any students that are not in uniform, ready to learn with cameras on the week of 4/12-4/16 will be marked as absent and their absence will be

screened as per our COVID protocols this school year. Any students or families that are out-of-state during virtual week will need to provide a negative PCR COVID test prior to returning to school on 4/19/21. If any students or families develop any COVID symptoms while on Easter break, they will also need to provide proof of negative testing prior to return to school on 4/19/21.

As of 3/9/2021 Governor Hogan stated:

“QUARANTINE REQUIREMENTS LIFTED; TRAVEL ADVISORY REMAINS IN PLACE. Quarantine requirements and other restrictions on out-of-state travel will be lifted. **A Maryland Department of Health (MDH) travel advisory will remain in place**, and Marylanders continue to be encouraged to get tested for COVID-19 upon their return from out-of-state travel.”

The Maryland Department of Health Travel Advisory states:

The Maryland Department of Health strongly recommends that all Marylanders refrain from non-essential travel outside of Maryland due to the recent increase in COVID-19 infections in other states. In addition:

1. Any Marylander returning from out-of-state or any out-of-state traveler should either get tested for COVID-19 promptly upon arrival in Maryland or within 72 hours before travel to Maryland. We encourage out-of-state visitors to be tested within 72 hours prior to arrival and to cancel travel if they receive a positive result. Visitors waiting for their test results should stay at home between the time of their test and their arrival in Maryland or to self-quarantine at their hotel.

2. Any Marylander who travels to a state with a COVID-19 test positivity rate above 10% should get tested and self-quarantine at home until the test result is received. The District of Columbia and the Commonwealth of Virginia are exempt from this recommendation.

3. Essential workers, as previously referenced in the Governor’s Office of Legal Counsel’s COVID-19-04 Interpretative Guidance, are exempt from the quarantine recommendation if they are returning or traveling to Maryland to perform essential work, as well as employee commuters who leave/enter the state on a daily basis and have work-based COVID-19 screening procedures.



If you have any questions or concerns, I will be happy to assist. Thank you again for your dedication and commitment to working together as a team to keep our OLSS community safe.

Sincerely,

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