



LINCOLN COUNTY  
SCHOOL DISTRICT

Dr. Karen Gray, Superintendent







**District Nurses Office**  
459 SW Coast Hwy  
Newport, OR 97365  
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## STAFF ILLNESS GUIDANCE

The list below gives school instructions, not medical advice. Please contact your health care provider with health concerns. Anyone exposed to COVID-19 must stay out of school until their quarantine/isolation is over.

**Fully-vaccinated people may receive different instructions.**

**If you are exposed to COVID-19, please contact the Nurses office for guidance.**

<p><b>IF anyone in your home or community living space have been:</b> <a href="#">(RSSL, pg 23 – Covid-19 Exclusion Summary Guidance)</a></p> <ul style="list-style-type: none"> <li>• Diagnosed with COVID-19 or have been tested and are waiting for results?</li> <li>• In close contact with anyone diagnosed with or suspected of having COVID-19?</li> <li>• Asked to self-isolate or quarantine by a medical professional or a local public health official?</li> <li>• Having any primary symptoms of COVID-19?</li> </ul>	<p><b>DO THIS:</b></p> <ul style="list-style-type: none"> <li>• Stay Home</li> <li>• Contact your building administrator/supervisor.</li> <li>• Seek medical advice about when to return to work.</li> <li>• Follow the medical advice you have received.</li> </ul>
<p><b>Primary Symptoms of COVID-19</b> *If you have a sudden onset of loss of taste or smell, contact your provider.</p>	<p><b>STAFF MAY RETURN AFTER...</b> *The list below tells the shortest time to stay home. Staff may need to stay home longer for some illnesses.</p>
<p> <b>IF You Have: <u>Fever/Chills</u>:</b> temperature by mouth of 100.4°F or Higher</p>	<p><b>Stay Home Until:</b> *Fever-free for 24 hours without taking fever-reducing medicine AND after a COVID-19 test is negative, OR 10 days if not tested.</p>
<p> <b>IF You Have: New *<u>Cough</u>:</b> persistent cough that is not yet diagnosed and cleared by a licensed healthcare provider OR any acute (non-chronic) cough illness OR cough that is frequent or severe enough to interfere with active participation in usual school activities.</p>	<p><b>Stay Home Until:</b> *Symptom-free for 24 hours AND after a COVID-19 test is negative, OR 10 days if not tested. If diagnosed with pertussis (whooping cough), the staff must take 5 days of prescribed antibiotics before returning.</p>
<p> <b>IF You Have: <u>Difficulty breathing/Shortness of breath</u>,</b> call 911.</p>	<p><b>Stay Home Until:</b> *Symptom-free for 24 hours AND after a COVID-19 test is negative, OR 10 days if not tested. If diagnosed with pertussis (whooping cough), the staff must take 5 days of prescribed antibiotics before returning.</p>
<p><b>IF You Have:</b></p>	
<p> <b><u>Headache</u></b> with stiff neck or with fever</p>	<p>*Symptom-free OR with orders from doctor to school nurse. Follow fever instructions if fever is present.</p>
<p> <b><u>Diarrhea:</u></b> 3 loose or watery stools in one day OR newly not able to control bowel movements.</p>	<p>*Symptom-free for 48 hours OR with orders from doctor to school nurse.</p>
<p> <b><u>Vomiting:</u></b> one or more episode that is unexplained.</p>	<p>*Symptom-free for 48 hours OR with orders from doctor to school nurse.</p>

**ONLY A LICENSED HEALTH CARE PROVIDER CAN DETERMINE A DIAGNOSIS AND/OR PRESCRIBE TREATMENT AND PROVIDE INSTRUCTIONS REGARDING THE STAFF'S RETURN TO SCHOOL.**

Please contact the District Nurses Office if you have questions or concerns.

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Contact Tiana Tucker, Human Resources Director for questions regarding taking leave during COVID or Susan Van Liew, Assistant Superintendent, for questions in regards to district COVID guidelines and requirements for In-Person instruction for LCSD schools.

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