

Manhattan School District

Next Steps and Illness Guide

Date: _____ Time: _____ Student Name: _____

Thank you for contributing to the health and safety of Manhattan School District and the community of Manhattan. We hope to see your child back in school as soon as possible!

___ **COVID-19 Related Major Symptoms.** Student has at least ONE of the following symptoms: cough (new, unexplained, or severe), shortness of breath, loss of taste or smell, difficulty breathing.

Requirements to return to school:

- 1) Symptom free for 24hrs
- 2) Test negative for COVID-19 and be fever free for 24hrs and symptom improvement
- 3) Test positive for COVID-19 and meet CDC/GCCHD requirements for ending isolation
- 4) 10 days since symptoms began and fever free for 24hrs and symptom improvement

___ **COVID-19 Related Minor Symptoms.** Student has at least TWO of the following symptoms: temperature >100.4F, chills, muscle aches, sore throat, headache, runny nose or congestion, nausea, vomiting, diarrhea, or fatigue.

Requirements to return to school: Same as above for Major Symptoms

___ **Fever.** Student has a fever >100.4F using a digital temporal thermometer. Keep your child home for 24 hours **after** his/her temperature returns to normal without the use of fever reducing medications.

Student's temperature: _____ Time: _____

___ **Vomiting.** Keep your child home for 24 hours after the last episode of vomiting. (48 hours if diagnosed with norovirus).

___ **Diarrhea.** Keep your child home for 24 hours after the last episode of diarrhea. (48 hours if diagnosed with norovirus).

___ **Unexplained Rash.** Keep your child home until the rash is gone or you obtain a medical note from their physician stating that the rash is not contagious or they start on prescribed medications for the rash (can return 24hrs after the medication was started).

___ **Conjunctivitis** (pink eye). Redness, itching, and discharge from one or both eyes. Keep your child home until they are symptom free or on medication for conjunctivitis for 24hrs.

*See reverse side for **IMPORTANT REMINDERS** and COVID-19 related resources in the Gallatin Valley
IMPORTANT REMINDERS

- Quarantine for close contacts will not be required by the District. However, a parent may choose to keep their student home and monitor for symptoms.
- Students/Staff who test positive for Covid-19 will need to stay home and isolate 10 days, be fever free for 24hrs, and show improvement with symptoms.
- Please stay in communication with the school so that we know when to expect your child back at school. PLEASE ALSO PROVIDE A COPY OF TEST RESULTS TO THE SCHOOL NURSE.
- It is the responsibility of the student to follow current **building level homework/make up policies** during their absence.
- Encourage your child to get **rest, stay hydrated, cover coughs, and wash hands.**
- Call 911 or call ahead to the Emergency Department if you or your child experience trouble breathing, persistent pain or pressure in the chest, new confusion, the inability to wake or stay awake, or bluish lips or face.

Urgent Care.

- Belgrade Urgent Care | (406) 414-3334 | every day from 8 a.m. to 7 p.m.
- b2 UrgentCare Main Street | (406) 414-4800 | every day from 8 a.m. to 7 p.m.

Bozeman Health COVID-19 Hotline

- (406) 414-2619 | M-F 7 a.m. to 6 p.m. | Wknds 8 a.m. to 5 p.m.

Bozeman Health Viral Triage Clinic

- Bozeman Health Deaconess Hospital, Entrance 4 | M-F 8 a.m. to 5 p.m. | Sat from 8 a.m. to noon.
- Bozeman Health Belgrade Clinic | M-F 8 a.m. to 7 p.m. | Wknds 9 a.m. to 5 p.m.

Pediatrician/Family Physician (list not comprehensive)

- Acorn Pediatrics: (406) 522-5437
- Bozeman Health Family Practice: (406) 414-4900
- Hatch Pediatrics: (406) 587-5870

Gallatin City County Health Department COVID-19 Hotline

- (406) 548-0123

Testing Sites

Bozeman Health (Bozeman) Test Site

- Bozeman Health Deaconess Hospital (Lot H)
- Hours: M-F, 8:30 a.m. to 5 p.m.

Bozeman Health (Belgrade) Test Site

- Bozeman Health Belgrade Clinic + Urgent Care Parking Lot
- Hours: M-F, 8a.m. to 7p.m. | Wknds 8a.m. to 5p.m.

Thank you for your cooperation!

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