COVID–19 and School: Information for Parents

School will be starting this fall and the Kodiak Island Borough School District has been working with local doctors to create a plan for students and their families. Schools are taking precautions to keep students healthy and are depending on parents to know when kids should stay home from school.

When to stay home and call your child’s doctor’s office:
- Fever greater than 100.4° F, chills, or a presumed fever (your child feels very warm)
- New cough
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting, diarrhea
- Skin Lesions/Rash
- Exposure to someone with the above symptoms or someone with known COVID-19
- If your child has traveled outside the state of Alaska, they will need to follow the state guidelines on testing/quarantine before returning to school (see below for details)*

When to seek urgent medical care:
- Difficulty breathing
- Not eating or drinking
- Difficulty waking or staying awake

What if my child does not have a doctor?
- Contact your school nurse
Travel Restrictions:

Upon returning to Alaska, your child will need COVID-19 testing prior to returning to school. They will need to follow strict social distancing and remain out of school until they have had their 2nd negative COVID-19 test, 7 to 14 days after arrival.

What is strict social distancing?
- Strict social distancing is allowed after you have one negative test taken within 72 hour of departure or on arrival.
- You may be in an outdoor public place, but you must remain 6 feet away from anyone not in your immediate household, and you must wear a face covering. You may arrange curbside shopping or have food delivery.
- You cannot enter restaurants, bars, gyms, community centers, sporting facilities (i.e., ice rinks, gymnasiums, sports domes), office buildings, school or daycare. Do not participate in any group activities, including sporting events and practices, weddings, funerals or other gatherings.
- This 14-day window can be shortened by receiving a negative result from molecular-based SARS-CoV2 test taken between 7-14 days after arrival into Alaska. Full details at: http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/travel.aspx

Negative test within 72 hours of travel ➔ to Alaska ➔ 2nd negative test in 7-14 days
No test before travel ➔ to Alaska ➔ test at airport ➔ 2nd negative test in 7-14 days
No test before travel ➔ to Alaska ➔ decline test at airport ➔ quarantine for 14 days

*Children 10 and under are exempt from the testing requirement. However, untested children traveling with a parent or guardian must remain in the same status for the same duration as the parent/guardian (self-quarantine and/or strict social distancing).

More Info on Travel Mandates:


https://covid19.alaska.gov/travelers/

Frequently Asked Questions:

http://dhss.alaska.gov/dph/Epi/id/SiteAssets/Pages/HumanCoV/FAQ_Travel.pdf

*The links posted above will be available as printed documents upon request at your child’s school. Contact your building secretary.

For questions and concerns, please contact our local Public Health Office at 486-3319 or the KIBSD Nurse Coordinator at 481-2026.