



NOTES FROM THE *Nurse*

Tri-Village Local School District Health Clinic

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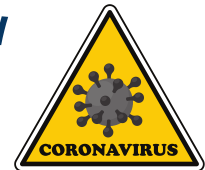
(937)996-1511 ext 1203

COVID-19 UPDATES



PLEASE CONTINUE TO CHECK THE SCHOOL WEBSITE FOR COVID-19
UPDATES. [HTTPS://WWW.TRI-VILLAGE.K12.OH.US/](https://www.tri-village.k12.oh.us/)

The quarantine time frame for those exposed to Covid-19 has been changed by ODH and CDC. Students without symptoms of Covid may now return to school after a 10 day quarantine instead of 14 days.



ATHLETES WITH COVID-19

The Tri-Village Local School District is recommending that any student-athlete who has been infected with Covid-19 be evaluated by their doctor before participating in contests or practices. The medical exam should include an assessment of the cardiac/heart risk of high intensity exercise due to the potential of myocarditis occurring in Covid-19 patients.

* Any student-athlete who participates in an OHSAA sanctioned sport and tests positive for Covid-19 is **REQUIRED** to have a medical exam completed prior to return to play/participation in an OHSAA sanctioned sport. A form must be completed and written clearance submitted to the school before the student can return to play.

Medical Authorization for Return to Play Forms can be found online at <https://ohsaaweb.blob.core.windows.net/files/Sports/2020/RTPCoronavirus.pdf> or from your school nurse.



CDC TRAVEL ADVISORY



Those entering Ohio after travel to states reporting positive testing rates of 15% or higher for COVID-19 are advised to self-quarantine for 14 days.

The following link will guide you to current information regarding travel during the pandemic.

Please let the school know if you have traveled to an at risk area and need to quarantine.

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/COVID-19-Travel-Advisory/>

This advisory is intended for both leisure and business travel, and should be heeded by both Ohioans and out-of-state travelers. Please consider the information here along with other factors (mode of transportation, lodging, activities, ability to social distance when traveling, personal health factors, etc.) when making travel decisions for yourself and your family.

WHAT TO DO DURING SELF-QUARANTINE

- Take your temperature with a thermometer two times a day and monitor for fever, as well as other symptoms including cough, difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
 - If fever and/or symptoms develop, call your medical provider.
- Remain at home and avoid all in-person activities. This includes work, grocery stores and pharmacies, public events and public places.
- If you live in a home with other people who did not travel with you, stay in a separate room. If this is not possible, wear a face mask when you are in the same room and stay at least six feet away from others.
- Do not leave home except to seek medical care. If you need to see a provider for reasons other than a medical emergency, please call in advance and discuss the care you need.
- In the event of a medical emergency, call 9-1-1. Indicate that you are in home quarantine for novel coronavirus exposure. Keep a face mask on until you are asked by a health care provider to remove it.
- Do not have visitors in your home.
- Do not use public transportation, taxis, or ride-shares.



December '20



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