

To: LMTSD Families
From: LMTSD Nursing Department
Date: August 2020
Re: Health Information for Opening of School

As we prepare to return to school, we want to inform families about important health protocols and requirements related to school attendance.

Daily Health Monitoring Checklist

Parents/guardians need to monitor their child's health using the following checklist, which indicates when your child should stay home from school.

[Daily Health Self-Monitoring Questionnaire](#)

Contacting Your School Nurse

These are answers to frequently asked questions about contacting the school nurse.

Call the School Office/Attendance Line:

1. If your child is going to be absent for any reason, per the typical attendance procedures. This means your **child will not be participating in school in person or virtually**.
2. Call the school to report a change in your child's **learning location**. If your child is a hybrid student, and needs to stay home for health reasons, and is well enough to attend school virtually, this will not be counted as an absence but needs to be reported to the school for accounting purposes.

Call the School Nurse:

1. If your child has been told to self-isolate because of a possible COVID-19 exposure
2. If your child or a household member has been diagnosed with COVID-19
3. If you have questions about what documentation is needed for your child to return to school after an absence.

COVID-19 Self-Isolation and Quarantine Information

The chart below from Montgomery County Health Department explains protocols for students' self-isolation and required quarantine periods related to COVID-19.

[COVID-19 School Exclusion Recommendations](#)

COVID-19 Information for Travelers:

If you have traveled, or plan to travel, to an area where there are high amounts of COVID-19 cases, after returning to Pennsylvania, your child will be required to quarantine for 14 days, if you have traveled to a state on this [list](#). Your child will need to attend school virtually until the end of the quarantine period.

Health and Safety Training for Students and Families for School Reopening

Please review the following information and videos with your child prior to coming back to school.

Masks are required for all students attending school in person. Please click [here](#) for mask requirements.

These videos show protocols for best practices related to health and hygiene.

[Handwashing](#) (All Grades K-12)

[Mask Wearing Kindergarten through Grade 2; Mask Wearing Grades 3 through 12](#)