

Dear AHISD Employees,

As part of our AHISD Culture of Care we do ask for your diligence in making conscientious decisions about avoiding large gatherings or gathering together with people who are not in your immediate household. As we all know, the virus can be passed to someone who may be more vulnerable which is why safety and health precautions (including accurate testing) are so important.

Below is important information for you and your family's health regarding any COVID illness or concerns during the Spring Break, and please follow the [Employee COVID checklists](#) located on the AHISD webpage under the Staff tab: [COVID-19 Information for Employees](#)

What do I need to know about travel? At this time, neither Texas nor the U.S. government has placed travel restrictions due to COVID on U.S. citizens returning to San Antonio after a trip out of the state. The CDC does, however, remind us that the COVID-19 pandemic continues to affect countries differently. Challenges to any international travel at this time may include mandatory COVID-19 testing requirements, quarantines, travel restrictions, and closed borders. Foreign governments may implement restrictions with little notice, even in destinations that were previously low risk. If you choose to travel internationally, your trip may be severely disrupted, and it may be difficult to arrange travel back to the U.S.

What should I do if anyone in my house experiences COVID symptoms or exposure over break?

If your children or anyone in your home experience **one** of the following symptoms:

- Cough, **OR**
- Fever (measured temperature greater than or equal to 100.0 degrees Fahrenheit), **OR**
- Shortness of breath/ difficulty breathing

OR

If you or anyone in your home experience **2 or more** of the following symptoms:

- Feeling feverish (without a measured temperature greater than or equal to 100.0)
- Congestion / runny nose
- Loss of taste or smell
- Headache
- Chills / Shaking or exaggerated shivering
- Sore throat
- Significant muscle pain / aches/ weakness
- Diarrhea / nausea
- Fatigue / exaggerated unexpected tiredness

You will need to immediately isolate the affected individual and quarantine anyone living in the home. Any combination of the above symptoms will need to be cleared to return to school, even if those symptoms occur and then are resolved while we are on break.

How will I know when I am cleared to return to school if I am symptomatic?

- **Schedule a *PCR* test. It is easy, painless (oral swab) and free.**
 - AHISD has partnered with a local non-profit, *Con Corazon*, to offer free PCR tests with next day results for symptomatic employees, by appointment, 8:30am-4pm, M-F, at STAAMP Allergy, 341 E. Hildebrand, 78212. Call (210)616-5385 to schedule an appointment. You will need to provide a photo identification, your SSN, and your proof of Insurance. There is no out of pocket cost.

OR

- Call 311 or go online to <https://covid19.sanantonio.gov/What-YOU-Can-Do/Testing#TestingLocation> and schedule a free test PCR through the San Antonio Metro Health department (SAMHD). **Please know a *rapid antigen test* on its own is not acceptable for clearance to return to school.**

OR

- See your primary doctor and get a **written, alternative diagnosis**. In addition, some physicians may decide to perform a *rapid antigen test* based upon your symptoms. The result of this, coupled with a written alternative diagnosis is acceptable for clearance.

NOTE: There are two types of COVID19 tests: a *PCR* test (which is the standard test required to return to school without an alternative diagnosis) and a *rapid antigen test* (which alone, is not enough to be cleared to return.)

Many adult urgent care facilities may perform a rapid antigen test, ***but*** they ***will not*** provide an alternative diagnosis that is required for clearance to return to school. We are aware that Little Spurs Pediatric Urgent Care and many local pediatricians will provide an alternative diagnosis ***and rapid antigen testing*** for children (based upon your child's symptoms).

While you are waiting for the test results, please remain quarantined, rest, drink plenty of fluids and consider over the counter medications after consultation with your physician to alleviate the symptoms.

A **positive test** means you have COVID-19. A **negative test** means you do not have COVID and can end quarantine, although to return to school you do need to be fever free for 24 hours without fever reducing medications and improving symptoms.

With a **positive test** confirming that you have COVID-19, you need to meet the following **return to school criteria**:

1. **Quarantine for 10 days AND**
2. **Be fever free, without the use of fever reducing medications for 24 hours AND**
3. **Have improving symptoms**

It is ***not necessary*** to get a follow up test or a negative test to return to school if you have met these criteria after having tested positive for COVID-19.

If you discover that you or someone in your home has had a **close contact exposure to a COVID-positive individual**, you need to immediately isolate the affected individual. If you are the exposed individual and have no symptoms, you will still need to quarantine for 14 days before you can return to school. Testing will not shorten the 14 day quarantine period because you can develop symptoms between day 2-14.

Who do I communicate with over break to notify the school of a positive case or an exposure?

It is very important that you notify Julia Sepeda RN, the nurse who will be working Monday-Sunday during Spring Break, in any instance of a positive case or an exposure in your home. **Please, email Julia at jsepeda@ahisd.net if your child or a family member living in your home is pursuing or awaiting results of a COVID test, has a positive COVID test requiring a 10 day quarantine or has had a close contact COVID exposure that will require a 14 day quarantine.**

Please follow the instructions listed above, there is no reason to delay pursuing testing if you have a COVID concern or illness. Should you need assistance due to a unique situation please refer to the call schedule below and email the nurse assigned for the day.

AHISD nurses are assigned to a particular day of the week to ensure that employees get the support they need while also getting the much needed rest themselves that we all look forward to during the break.

Lisa Padilla (AHISD auxiliary nurse) lpadilla@ahisd.net	March 5-7	F-Sun
Erin Harris, (AHHS nurse) eharris@ahisd.net	March 5-7	F-Sun
Whitney Jones (CE nurse) wjones@ahisd.net	March 5-7	F-Sun
Cindy Godinez (AHJS assistant nurse) cgodinez@ahisd.net	March 5-7	F-Sun
Deanna Magee (WE nurse) dmagee@ahisd.net	March 5-7	F-Sun
Eleanor "Dardie" Pringle (AHJS nurse) epringle@ahisd.net	March 5-7	F-Sun
Kathi Martinez, kmartinez@ahisd.net	March 5-7	F-Sun
Julia Sepeda (AHISD Sub Nurse) jsepeda@ahisd.net	March 8-14	M-Sun

Best of health and happiness this spring break,

A handwritten signature in black ink that reads "Kathi Martinez RN". The signature is written in a cursive, flowing style.

Kathi Martinez RN
AHISD Health Services Coordinator