

MSBSD Guidelines for:

# KEEPING STUDENTS SAFE AND SCHOOLS OPEN

## DURING THE COVID-19 PANDEMIC

*MSBSD follows the guidelines set-forth by the State of Alaska in the [Alaska Smart Start 2020](#).*

Parents, please check your students every morning prior to school for any COVID-19 symptoms listed below.

According to the [Alaska Smart Start 2020](#) Guidelines, students who are ill must stay home from in-person school and must be sent home if they become ill at school, particularly if they have one or more COVID-19 symptoms. **SEE BACK OF PAGE FOR RETURN TO SCHOOL OPTIONS FOR ANY STUDENT WITH COVID-19 SYMPTOMS LISTED BELOW:**

- Fever or Chills
- Shortness of breath or difficulty breathing
- Sore throat
- Nausea, vomiting, or diarrhea
- Muscle, joint, or body aches
- Cough
- Congestion or runny nose
- New loss of taste or smell
- Headache
- Fatigue

**Emergency warning signs that require immediate medical attention:** trouble breathing, persistent pain or pressure in chest, new confusion, inability to awaken or stay away, bluish lips or face.

\*Note: This list is not all possible symptoms. Call your medical provider for any other symptoms that are severe or concerning.

**The symptoms listed above may be symptoms of COVID-19 (Coronavirus). It is recommended you contact your medical provider to determine if testing is advised and follow the CDC guidelines recommended below:**

1. Stay home except to seek care.
2. Call ahead before visiting your medical provider.
3. Separate sick child as much as possible at home from others.
4. Monitor symptoms.
5. Wear a mask if around others.
6. Cover coughs and sneezes.
7. Clean hands often.
8. Clean all “high touch” surfaces daily.

Return to school guidelines are on the back. For additional guidance visit the [CDC](#) or [Alaska DHSS](#) online. For COVID-19 testing information, use the [Testing Center Locator](#) to find a site near you.



**MATANUSKA-SUSITNA**  
BOROUGH SCHOOL DISTRICT

WE ARE A  
**COVID SMART**  
SCHOOL COMMUNITY

# RETURN TO SCHOOL OPTIONS

FOR ANYONE WITH  
COVID-19  
SYMPTOMS:

01

Stay home for 10 days after your first symptom or positive test, whichever is earlier. After 10 days, you may return to school when you have not had a fever in 24 hours without fever reducing medicine, as long as your other symptoms are improving.

02

If you test negative, you may return to school once you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

03

If you do not get a test, stay home for 10 days. You may return after 10 days if you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

04

If your healthcare provider determines your symptoms are from something else, you may return to school with a note from your provider as long as you have not had a fever in 24 hours without fever reducing medicine and your other symptoms are improving.