THE LAKE AND PENINSULA SCHOOL DISTRICT

101 Jensen Drive
King Salmon, AK 99613
907-246-4280

1617 S Industrial Way #1
Palmer, AK 99645
907-745-7090



LPSD Parents, We Need Your Help!

If your child is sick, whether due to COVID or otherwise, please keep them home*

- Screen your child for symptoms at home each morning prior to putting them on the bus or sending them to school.
- Keep communication lines open with the school, immediately letting your principal or head teacher know if your child is sick, showing symptoms or has tested positive for Covid-19 (or anyone in your family for that matter)
- Follow the guidelines on the second page of this document if your child tests positive for COVID
- Encourage your child to understand and comply with newly imposed safety mandates
- Practice good sanitation and hand washing habits at home
- Adhere to your communities' travel protocols upon return from out-of-region travel
- Communicate questions and concerns with your head teacher or principal. Please don't let anything fester…

Update 1/20/23

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CDC Guidance for COVID-19 Prevention in K-12 Schools

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.
- Learn more about what to do if you have COVID-19.

When **you test positive for** COVID-19, isolation is counted in days, as follows	
If you had no symptoms • **Day 0 is the day you were tested** (not the day you received your positive test result) • **Day 1 is the first full day** following the day you were tested • If you develop symptoms within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**	If you had symptoms • **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive • **Day 1 is the first full day** after the day your symptoms started

Ending Isolation

- End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
- If **you had no symptoms**, you may end isolation after day 5, while continuing to wear a mask at school through day 10.
- If **you had symptoms and your symptoms are improving**, you may end isolation after day 5 if you are fever-free for 24 hours (without the use of fever-reducing medication), while continuing to wear a mask at school through day 10.
- If **your symptoms are not improving by day 5**, you need to continue to isolate until you are fever-free for 24 hours (without the use of fever-reducing medication), and your symptoms improve.
- If you had **symptoms and had moderate illness** (you experienced shortness of breath or had difficulty breathing), you need to isolate through day 10.
- Severe illness (you were hospitalized) or have a weakened immune system, you need to isolate through day 10. Consult your healthcare provider before ending isolation.