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COVID-19 Symptoms Parent Handout

Dear Parent of Guardian,

Your son or daughter was found to have signs or symptoms that may represent COVID-19. This is NOT a diagnosis. Only a medical provider can give an actual diagnosis of COVID-19. Please call your medical provider and make an appointment for your child to be seen for evaluation.

New York State is requiring schools to be extra cautious this year in order to protect others as much as possible. New York State currently considers any temperature of 100.0°F a fever. Any child with a temperature of 100.0°F or higher will be sent home from school and should remain home until the return to school guidelines have been met.

In order for your child to return to school they must be fully recovered and meet all the following protocol:

1. Medical practitioner note clearing your child to return to school.
2. It has been at least 10 days since symptoms began.
3. It has been at least three days since your child has had a fever without taking fever reducing medication (Tylenol, acetaminophen, ibuprofen, Motrin, aspirin, ext.)
4. It has been at least three days since symptoms have improved (shortness of breath, cough, ext.)

If your child is diagnosed with a medical condition other than COVID-19 the following conditions must be met in order to return to school:

1. Medical practitioner note clearing student to return to school along with the diagnosis clearing the student of COVID-19.
2. Your child has been fever free and feeling well for at least 24 hours without taking fever reducing medication (Tylenol, acetaminophen, ibuprofen, Motrin, aspirin, ext.)

If your child is having any of the following symptoms you should call 911 or take them immediately to the emergency room:

- a. Difficulty breathing or shortness of breath.
- b. Persistent pain or pressure in the chest.
- c. New confusion or inability to arouse. Or
- d. Bluish lips or face.

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Steps to help prevent the spread of COVID-19 if you are sick

If you or your child are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home: People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.

Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.

Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation:

Stay away from others: As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.

Limit contact with pets & animals: You should restrict contact with pets and other animals, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.

Wear a facemask if you are sick:

If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider’s office.

If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.

Cover your coughs and sneezes:

Cover: Cover your mouth and nose with a tissue when you cough or sneeze.

Dispose: Throw used tissues in a lined trash can.

Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often:

Wash hands: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items:

Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all “high-touch” surfaces everyday

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

Clean and disinfect: Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom. If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.