

# Health Guidelines

## When to Stay Home

Students should go home, or stay home, if they display any of the following symptoms.

- Too ill to participate in the usual classroom activities. For instance, a child shows unusual tiredness or apathy, uncontrolled coughing or wheezing, continuous crying or anger/irritability, or difficulty breathing;
- Fever of 100°F within the last 24 hours;
- Symptoms of more severe or contagious illness within the last 24 hours. For instance, diarrhea, vomiting, body rash, sore throat with swollen glands, mucus or pus draining from the eye, pinkeye;
- Known contagious illness (e.g., mumps, measles, chicken pox, rubella, strep, flu, pneumonia, COVID-19).
- If the illness was related to COVID, you must wear a mask at school for 10 days following the start of the illness

The student's temperature must remain under 100 degrees without the use of fever-controlling medication for 24 hours before they may return to school.

---

## Helios Community Illness Levels

- When our Helios community respiratory illness level becomes HIGH, Helios will require masks indoors most of the time for five calendar days.
- Masks can be dropped for a drink or for a bite of a snack, or when communication is substantially impeded by the mask, or when adults who work closely together are alone in the room.
- Meals or extended snacks will be eaten outdoors, weather and air quality permitting.
- HIGH respiratory illness level for one homeroom is defined as three students out sick. The mask requirement will apply throughout the day for members of that homeroom only.
- HIGH respiratory illness level for the entire school is defined as eight students out sick with the same symptoms.

---

## Air Quality Guidance

### Air Quality Policy

- Helios has four portable, rechargeable AQI monitors to be used in the case of poor air quality. When needed, they will be placed as follows:
  - One outdoors
  - One at the front desk (in the hallway)
  - One in a classroom, which may change throughout the day
  - One as needed, such as in the gym or library
- Helios uses the guidelines of the EPA, CDC, and other government agencies to formulate our policies.

### Outdoor air quality and activities:

- In general, recess, PE, and afterschool sports and sports clubs are held outdoors.
- When the outdoor AQI is below 100 (green or yellow flag) (<35.5 ug/m<sup>3</sup> PM2.5), no action needs to be taken. Students who have asthma always have access to the front desk as a rest area if they have an attack.
- When the outdoor AQI is between 100 and 150 (orange flag) (35.5-55.4 ug/m<sup>3</sup> PM2.5), particularly sensitive students will have access to an indoor recess area and may choose not to participate in outdoor PE.
- When the outdoor AQI is above 150 (>55.4 ug/m<sup>3</sup> PM2.5), all outdoor activities will be moved indoors to classrooms or the gym.

### Indoor air quality and activities:

- When the outdoor AQI rises above 100, the indoor air quality will be monitored. Doors and windows to the school will be closed and portable HEPA filters will be turned on to improve the indoor air quality.
- If the indoor air quality cannot be maintained below 125 (45.2 ug/m<sup>3</sup> PM2.5), parents will be notified. Parents will have the option to take children home, and the absence will be considered excused.
- If the indoor air quality cannot be maintained below 175 (89.7 ug/m<sup>3</sup> PM2.5), campus will close until the air quality improves.

Reach out to [health@heliosschool.org](mailto:health@heliosschool.org) with any questions.