

## COVID-19 Information/Advice from AC Flora Nurse

*This document is provided by AC Flora Nurse Catherine Horne as a general guide for our Falcon families with regard to COVID-19. While no document can cover every situation, we do hope that this will give our families some guidance as the community spread increases. If you have any questions at all, please contact Nurse Horne (contact info is in this document). We are here to help!*

If you or your student is exposed to someone who tests positive for COVID-19 (Coronavirus):

1. Stay home
2. Do not return to in-person school or extracurricular activities until advised
3. Notify your teachers that you will be out
4. Call the nurse and leave a good phone number where the nurse can reach you
5. When the nurse speaks with you, she'll help you figure out what your exposure risk is and determine whether and how long you would have to quarantine

If you have any **one** of the following symptoms of COVID-19 (Coronavirus):

- New or worsening cough
- Shortness of breath
- Loss of sense of taste
- Loss of sense of smell
- Fever

...then

1. Stay home
2. Do not return to in-person school or extracurricular activities until advised by nurse
3. Notify your teachers that you will be out
4. Consider getting tested for COVID-19
5. Call the nurse and leave a good phone number where the nurse can reach you

If you have any **two** or more of the following symptoms of COVID-19 (Coronavirus):

- Abdominal pain ("stomach ache")
- Body aches
- Chills
- Diarrhea
- Fatigue
- Headache
- Muscle aches
- Sore throat
- Vomiting

...then

1. Stay home
2. Do not return to in-person school or extracurricular activities until advised by nurse
3. Notify your teachers that you will be out
4. Consider getting tested for COVID-19
5. Call the nurse and leave a good phone number where the nurse can reach you

If you or a family member tests positive for COVID-19 (Coronavirus):

....then

- Stay home
- Do not return to in-person school or extracurricular activities until advised by nurse
- Notify your teachers that you will be out
- Call the nurse and leave a good phone number where the nurse can reach you
- When the nurse calls, she will ask some questions about your symptoms, if any, and when and where you/family member was tested, and will help you figure out how long you should isolate
- If a student tests positive for COVID-19 (Coronavirus) the nurse will notify DHEC and DHEC may also call to check to see how you're doing

## How do I contact the nurse?

Nurse Horne, RN

[catherine.horne@richlandone.org](mailto:catherine.horne@richlandone.org)

Phone: 803-738-7272

\*If you notify me after school hours, be patient. Many people are contacting me and I will call you as soon as possible. Thank you!

## Why am I being marked 'absent' when I was told to stay home? I attended virtually during my quarantine/isolation but was marked 'absent'- Why?

Thank you for being patient as we work through attendance. Administration works on a case-by-case basis for attendance matters related to COVID-19. Every situation is different and we will work with families who have documented COVID-19 related issues.

You may provide a copy to the nurse of your positive COVID-19 test result or a doctor's note/SC DHEC note stating you tested positive for COVID-19, or a doctor's/SC DHEC note that states you were instructed to quarantine due to close contact exposure to someone with COVID-19, and the nurse will keep that note safe in your health file so that any issues that may arise surrounding the attendance lapse during your isolation/quarantine period can be sorted. Again, please be patient. If you need more guidance on attendance issues, please consider contacting Ms. Tori Simmons, administrator in charge of attendance at [tori.simmons@richlandone.org](mailto:tori.simmons@richlandone.org).

## What's the difference between isolation and quarantine?

**QUARANTINE:** If you've been told by a medical professional to quarantine due to being a close contact of someone with COVID-19, it means you should limit all contact with other people (including your own family), stay home, and watch for symptoms over 14 days and, if any develop, report that to your healthcare provider and the nurse. If you've been told to quarantine you are not necessarily sick yourself, you just might become sick over the 14-day period because you were a close contact of someone who has COVID-19.

**ISOLATE:** If you've been told by a medical professional to isolate due to COVID-19, it means either you have COVID-19, or someone you live with has COVID-19 and isolation from other family members is not possible. If this is the case, your doctor or SC DHEC will notify you that you may be presumed positive for COVID-19.

- 1) Isolation means that you should
  - stay away from school (academics and extracurricular activities)
  - stay in your home away from everyone else in the home and leave isolation only if you need immediate medical attention
- 2) Isolate for the period of time your healthcare provider or SCDHEC advises. In most cases, isolation lasts for 10 days beyond the day you test positive for COVID-19.

## What kind of test can I get?

You can get an RT-PCR (real-time reverse transcriptase polymerase chain reaction lab test) or an antigen test.

## Where can I get a test?

SC DHEC has free test drive-thru locations: <https://www.gogettested.com>

Pre-register: **You must pre-register** before going to your test. You may register from your phone. The registration process is quick - it'll take less than 5 minutes. It will ask you your name, date of birth, cell phone number, email address, etc.

### Test locations:

**1) DHEC parking lot at the corner of Bull Street and Harden Street Extension 2) Sam's Forest Drive parking lot**

Results are back in 48 hours at the latest.

Sponsor: DHEC

Cost: Free

Type of test: Drive-thru; Mouth swab.

**2) Prisma Health Community COVID-19 Testing**

<https://www.prismahealth.org/coronavirus/community-testing/>

**a)** Prisma Health offers an RT-PCR nasal swab test that gives results in 48-72 hours. You must make an appointment for this test by calling the Prisma Health Appointment Line at 803-567-7777. Prisma Health charges your insurance for this test. This test is not free and it costs \$250-350. After you get your test you can call the results line at 803-567-8888.

**b)** Prisma Health is also advertising on its site the following testing site, which is actually one of the DHEC ([gogettested.com](https://www.gogettested.com)) free sites in the Midlands. They advertise that testing is available every Tuesday, Friday and Saturday in Nov. and Dec., from 10 a.m.–2 p.m. Site: Columbia Place Mall, 7201 Two Notch Rd., Columbia 29223 TO GET IN LINE: Drive to the closed Sears store automotive entrance. You may call the Appointment Line with questions: 803-567-7777

**3) MedCare/Doctor's Care:** Urgent care offices have varying policies/availability in terms of test options, times, and pricing. Please call to find out more information.

**4) Pharmacies,** like CVS or Walgreens, offer testing as well. Be aware that pharmacies charge or bill your insurance, and prices can be steep. Call your local pharmacy for the specific procedures/pricing offered in your area.

**5) Some doctor's offices** offer rapid tests to established patients.