



WELCOME BACK TO SCHOOL!

SINCE THINGS ARE QUITE DIFFERENT THIS YEAR, WE WANT TO PROVIDE YOU AND YOUR FAMILY WITH INFORMATION ON COVID-19 SYMPTOMS, SCREENING AND TESTING.

SYMPTOMS

Based on what we know, some people who contract the COVID-19 virus develop no symptoms. This is especially common in younger children. For many people, symptoms can be mild to moderate and similar to a common cold.

Symptoms include:

- Fever or Chills
- Cough
- Shortness of Breath/
Difficulty Breathing
- Fatigue
- Muscle or Body Aches
- Headache
- Sudden Loss of Taste
or Smell
- Sore Throat
- Congestion/
Runny Nose
- Nausea
- Vomiting
- Diarrhea

But for others, symptoms can be serious and require immediate medical attention. **Anyone experiencing severe difficulty breathing should call 9-1-1.** Anyone experiencing mild to moderate symptoms should contact their primary care provider or pediatrician for further guidance.

SCREENING

The New York State Department of Health requires anyone entering a school (students, staff, visitors, etc.) to have their temperature checked daily. Anyone with a temperature greater than 100.0 °F will not be allowed in the school (students with temperatures greater than 100.0 °F will be sent to a dedicated waiting area prior to being picked up or otherwise sent home).

It is recommended that students and staff take their temperatures at home every morning before heading to school.

TESTING

If any school student or teacher is sent home (or unable to report to school) due to any of the COVID-19 symptoms listed above, at least three things must happen before they are permitted by the New York State Department of Health to return to school:

- 1** *The individual must be evaluated by a healthcare provider, with appropriate documentation.*
- 2** *The individual must be tested for COVID-19, with appropriate documentation and a "negative" test result. **
- 3** *The individual's symptoms must clear up.*

* Individuals who test positive for COVID-19 are connected to their county health department for observation and guidance concerning mandatory quarantine.

WHAT TO DO IF YOU DON'T FEEL WELL

In the event an individual is experiencing one or more symptoms, please take the following steps:

- 1** *Stay home and contact your primary care provider or pediatrician. If you need to establish a primary care provider, please feel free to consult the list below.*
- 2** *Your primary care provider will arrange a telehealth visit for the initial evaluation.*
- 3** *If your primary care provider feels an in-person evaluation is necessary, they will arrange that visit.*
- 4** *If your primary care provider feels an in-person evaluation is not necessary, they will send an order for a COVID-19 test (and other tests as appropriate, for things like strep throat).*
- 5** *Remain home until you are notified of your test results.*
 - If the test result is negative and symptoms have resolved, you will be permitted by the New York State Department of Health to return to school (with a note from your primary care provider).*
 - If the test result is positive, you will be contacted by your county health department to discuss next steps.*

If your primary care provider orders your test done by Adirondack Health, please call the COVID Clinic at **518-897-2462** to schedule a testing appointment. It typically takes anywhere from three to 12 days to receive your test result. These times are subject to change, as we currently contract with national laboratories to process the tests. If the individual being tested has a health insurance plan, we will collect that information and bill the insurance plan. If the individual being tested does not have a health insurance plan, we still conduct the test. **Either way there are currently no co-pays, deductibles, or out-of-pocket costs for COVID-19 testing at Adirondack Health.**

For the most up to date COVID-19 information, please visit the following websites:

- 1 U.S. Centers for Disease Control and Prevention:**
[cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)
- 2 New York State Department of Health**
coronavirus.health.ny.gov/home
- 3 Adirondack Health**
adirondackhealth.org/coronavirus

FROM ALL OF US AT ADIRONDACK HEALTH, WE WISH YOU A HAPPY, HEALTHY, AND SUCCESSFUL 2020-2021 SCHOOL YEAR!

REGIONAL HEALTH CARE PROVIDERS

ADIRONDACK HEALTH

Saranac Lake: 518-897-2850
Tupper Lake: 518-359-7000
Lake Placid: 518-523-1717
Keene: 518-576-9771

HUDSON HEADWATERS HEALTH NETWORK

(Adirondack Internal Medicine & Pediatrics)
Saranac Lake: 518-891-3845
Tupper Lake: 518-359-7222

MOUNTAIN MEDICAL SERVICES

Saranac Lake: 518-897-1000

DR. RUSSELL RIDER, Family Practice Physician

Long Lake: 518-624-2301