



Health and Wellness

School Nurse

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- 2023: Am I Well Enough to Go to School? [Information Sheet](#) (PDF)
- [Are your kids ready for school?](#)
- [MDH Immunization Resources](#)
- [Yearly Health Form 2022-23](#)
- [Immunization Form](#)
- [Administration of Non-Prescription Medication Form \(K-12\)](#)
- [Administration of Prescription Medication Form \(K-12\)](#)
- [School Wellness Policy and Plan](#)

For questions, comments, and suggestions regarding the ERA Wellness policy please send emails to [Ms. Karen Conner](#).

- [Special Dietary Needs Form](#)

Eagle Ridge Academy Staff and Student COVID-19 Guidelines

Isolation Procedure:

When staff members/students test positive for COVID-19, the guidance is to:

- Staff/students should contact [Celia Bussler](#), school nurse, with a positive COVID-19 test to excuse absences.
- Stay home for 5 days (Day 0 is the first day of symptoms or the day of a positive COVID-19 test, whichever comes first).
- If you have no fever without taking fever reducing medication for at least 24 hours and your symptoms are improving after 5 days, you can return to work/school on Day 6.
- Upon returning to work/school, you must wear a well-fitted face covering for 5 additional days (Days 6-10).

Masking:

Students or staff may choose to wear face coverings at Eagle Ridge Academy. If a student or staff member tests positive for COVID-19, they should follow the masking guidance outlined in Isolation Procedure.

Contact Tracing:

Eagle Ridge Academy is not currently contract tracing or recommending quarantine for COVID-19 exposures. This decision is based on guidance from the [Centers for Disease Control and Prevention \(CDC\)](#) and the [Minnesota Department of Health \(MDH\)](#). The district will continue to review and adjust as needed.