

COVID-19 Health plan 2021-2022

***Please note that this plan is highly subject to change. We are aggressively monitoring a large amount of data (transmission, medial recommendations, hospital status, latest research and more) that at any time could change our school's response and management in this pandemic.

During this time our goal is to keep the kids **safe** and **in school**. We will need your help in order for this school year to be successful. Please be diligent in monitoring symptoms, and reporting exposures to our school office.

At this time, we are not requiring masks to be worn in the school. This is an individual decision. Student/staff are welcome to wear mask if they choose. We will support and respect students who wish to wear a mask.

We ask for your participation in daily monitoring your child for signs of Covid-19. Please keep your child home if they are experiencing any of these symptoms. Your diligent monitoring for symptoms at home and keeping sick kids at home is our best defense in keep Covid out of our school and kids in schools.

Per the CDC these are common symptoms:

Fever or chills (a temp equal to or greater than 100.4)

Cough (persistent and new cough that is unrelated to allergies/ asthma)

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache (unrelated to migraines, allergies, or other underlying conditions)

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)

If you suspect that your child may have Covid, please get them tested. Our school is no longer administering Covid tests. If negative, your child may return to school once symptom free (without fever reducing medication) for 24 hours. Students who have seasonal allergies or other long-term conditions similar to COVID symptoms should have a note to that effect on file in the nurse's office. This may include anxiety or other mental health issues that present with physical symptoms. Notes explaining the condition and common physical symptoms can be emailed to nurse@cfsknights.org.

If your child presents with one of these symptoms and illness is suspected we will have your child mask, if they are not already, and separate them from others until you are able to pick your child up. Please do so as soon as possible but no later than 90 min.

Tips for preventing the spread of COVID and other contagious illnesses:

- Each child should have their own water bottle
- Bring a spare mask to school if your child chooses to wear a mask
- Wash and sanitize non-disposable masks after one day's use
- Review and practice proper hand washing techniques with your child
- Wash/sanitize lunch boxes, backpack and other clothing items on a regular basis
- Keep your child's immunizations current and up to date

If a student tests positive for Covid, a 10 day isolation is required. The student may return to school 10 days after first symptom if their symptoms have greatly improved (on day 11).

If your child has had a known exposure, we ask you to notify our office and for you to follow the CDC recommendations of quarantining described below. If it has been determined that there has been a positive case in the school (student, staff or teacher), contact tracing will be done. The individuals that have been exposed will be notified by the school. Exposure is defined by the CDC as being within 6 feet of an infected person for a cumulative of 15 minutes in a 24 hour period.

Individuals who have been identified as being exposed have the following options per the CDC's isolation/quarantine guidelines

(<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>):

1. If fully vaccinated, they may attend school and school activities while diligently wearing a mask at all times and monitoring for symptoms for 14 days.
OR
2. Quarantine for 14 days at home.
OR
3. Quarantine at home for 7 days if no symptom they may choose to PCR test on day 5-6. If the results are negative the student may return if they agree and are able to: mask at all times, eating at a separate table, and diligent symptom monitoring. These extra precautions must be in place until the 14 day post exposure quarantine has finished.
OR
4. Quarantine at home for 10 days, and return to school on day 11 if they agree and are able to: mask at all times, eating at a separate table, and diligent symptom monitoring. These extra precautions must be in place until the 14 day post exposure quarantine has finished.

If you have any questions, please contact the CFS nurses at nurse@cfsknights.org.

Praying for a safe and healthy school year!
Janette Keller RN, MSN