

APPENDIX: COVID-19 Health and Safety Protocols

Updated 8/2/2022

SCHOOL FACE MASK POLICY

Masking is *optional* indoors and outdoors in all classrooms for children and adults. We will continue to support those who choose to wear a mask. Please let your child's teacher know if you would like your child to wear a mask outdoors.

Masking continues to be a critical public health tool for preventing spread of COVID-19 and other illnesses. Masks and respirators are effective at reducing transmission of SARS-CoV-2, the virus that causes COVID-19, when worn consistently and correctly. Face masks will be required in the following situations:

- Through day 10 following a COVID-19 exposure if individual is able to continue to attend school
- On days 6-10 following COVID-19 illness/diagnosis if able to return to school
- If experiencing respiratory symptoms and attending school following a negative COVID-19 PCR test

ILLNESS EXCLUSION PROTOCOL

Protecting the health of our families is our highest priority. We will keep our illness exclusion policy as follows:

If **anyone in your household** exhibits a possible COVID-19 symptom, please keep all of your family members out of school until a negative COVID-19 PCR test result is received for the individual with symptoms. The following symptoms are associated with COVID-19:

- Fever of 99.4 F (axillary) or above
- Cough
- Shortness of breath or difficulty breathing
- Chills or repeated shaking with chills
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Newly acquired loss of taste or smell
- Skin rash
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

RETURNING TO SCHOOL FOLLOWING ILLNESS

Any student who exhibits new symptoms of illness will be asked to stay home until one of the following conditions is met:

- If symptoms lasted fewer than 6 hours and no fever was present, the child can return once they have been symptom-free for 24 hours.
OR
- Child receives a negative COVID-19 PCR test, has been fever-free for 24 hours without use of medication if fever was present, and has significant improvement of symptoms.
OR
- Child has been fever-free for 24 hours without use of medication if fever was present with significant improvement of symptoms AND has a positive diagnosis of another illness/condition AND has a letter from their doctor that it is safe for the child to return to school.
OR
- More than 10 days have passed since onset of symptoms, there is significant improvement in symptoms, and child has been fever-free for 24 hours without use of medication if fever was present.

Household Member with Symptoms

Your child may return to school once:

- If symptoms lasted fewer than 6 hours and no fever was present, the child can return once the symptomatic household member has been symptom-free for 24 hours.
OR
- The symptomatic household member has received a negative COVID-19 PCR test result.
OR
- The symptomatic household member has a positive diagnosis of another illness/condition from their doctor.

Illness following recovery from COVID-19

If the individual with symptoms has recovered from COVID-19 in the previous 90 days, please consult with your medical care provider regarding COVID testing recommendations and timing of return to school.

DEFINITION OF FULLY VACCINATED

An individual is considered “fully vaccinated” when at least two weeks have passed since the last dose in a multi-dose COVID-19 vaccination sequence. This includes a booster dose for those age 5 and older who are eligible for a booster. An individual who is eligible for a COVID-19 booster but has not received one is not considered fully vaccinated.

COVID-19 EXPOSURE RESPONSE POLICY

If someone who has spent 30 minutes or more in a Namaste Montessori School classroom tests positive for COVID-19, we will:

1. Communicate with staff, parents, and students in the affected classroom(s). Individually communicate with affected families and individuals regarding quarantine requirements.
2. Make a decision regarding immediate dismissal of students for those required to quarantine if we learn of the exposure during school hours.
3. Notify the Office of Children and Family Services (OCFS) if the exposure occurs in a classroom under OCFS oversight.

RETURNING TO SCHOOL FOLLOWING COVID-19 EXPOSURE

Classroom Exposure

Toddler and Primary Levels

If an individual who has spent more than 30 minutes in a classroom in the previous 48 hours tests positive for COVID-19, the following measures will be taken:

Individuals who are NOT fully vaccinated and have NOT tested positive for COVID-19 in the last 90 days:

- Must quarantine for 5 days following exposure
- PCR COVID test done on day 5 or later following exposure is required for return to school.
- Students and teachers can return to school on days 6-10 following exposure if no symptoms are present, wearing a KF-94 or KN-95 mask if age 2 or older.
- Siblings of exposed students can continue to attend school unless the exposed student tests positive or develops symptoms

Individuals who are fully vaccinated or have tested positive for COVID-19 in the last 90 days:

- No quarantine is required. Students can attend school if no symptoms are present, wearing a KF-94 or KN-95 mask for at least 10 days following exposure.
- Antigen COVID test on Days 2 and 4 following exposure is required for all individuals.
- PCR COVID test on day 5 following exposure is required for fully vaccinated individuals who have not tested positive for COVID in the last 90 days.
- Antigen COVID test on Days 2 and 4 following exposure is required.

Elementary Level

If an individual who has spent more than 30 minutes in a classroom in the previous 48 hours tests positive for COVID-19, the following measures will be taken:

- No quarantine is required. Students can attend school if no symptoms are present, wearing a KF-94 or KN-95 mask for at least 10 days following exposure.
- Antigen COVID test on Days 2 and 4 following exposure is required for all individuals.
- PCR COVID test on day 5 following exposure is required for individuals who have not tested positive for COVID in the last 90 days.

Exposure Outside of Classroom

For an exposure that is a single event (a limited amount of time spent with an individual who then tests positive for COVID), use guidelines for *Classroom Exposure* above.

For a household exposure (a member of the student’s or teacher’s household tests positive for COVID), the following measures will be taken:

Toddler and Primary Levels

- If the individual has tested positive for COVID in the last 90 days, they can continue to attend school if no symptoms are present.
- If the individual has NOT tested positive for COVID in the last 90 days, they must stay out of school for 5 days following the last day of exposure regardless of vaccination status.
- PCR COVID test done on day 5 or later following exposure is required for return to school.
- Students and teachers can return to school on days 6-10 following exposure if no symptoms are present, wearing a KF-94 or KN-95 mask if age 2 or older.

Elementary Level

- If the individual has tested positive for COVID in the last 90 days, they can continue to attend school if no symptoms are present.
- If the individual has NOT tested positive for COVID in the last 90 days, they can continue to attend school if they can isolate from the COVID-positive household member at home.
- Antigen COVID test on Days 2 and 4 following exposure is required for all individuals.
- PCR COVID test on day 5 following exposure is required for individuals who have not tested positive for COVID in the last 90 days.

RETURNING TO SCHOOL FOLLOWING COVID-19 ILLNESS/DIAGNOSIS

If a student or teacher is diagnosed with COVID-19 following a positive PCR (molecular) or antigen (rapid) test result, they will isolate at home for at least 5 days. If the individual develops symptoms before or after testing positive, “day 0” is the first day of symptoms. If the individual tests positive but does not develop symptoms, “day 0” is the day of the positive test.

Students and teachers may be able to return on days 6-10 with the following conditions:

- Individual has been symptom-free and fever-free for at least 24 hours without the use of medication

- Individual tests negative on an antigen(rapid) test for two consecutive days
- Individual wears a well-fitting KF-94/KN-95/N-95 mask through day 10 if age 2 or older

Students and teachers can return on day 11 following their diagnosis or developing symptoms with no antigen testing requirement if they have been fever-free for at least 24 hours and other symptoms are improving.

SOCIAL DISTANCING, TRAVEL, GATHERINGS - RECOMMENDATIONS

We recommend that members of the Namaste community continue to wear face masks in public indoor spaces when around others, and especially if the space is crowded.

Travel

If a student and/or a household member travels via public transportation and/or to a popular tourist destination, we recommend that they get a PCR COVID test upon return from travel and again after 5 days following return from travel. The student may return to school while awaiting test results as long as they and everyone in their households do not have symptoms of illness.

Gatherings

We continue to encourage members of the Namaste community to limit indoor gatherings, and gather outdoors instead as much as possible. Do not gather indoors with others who are symptomatic or were recently sick. If you socialize indoors with people from outside your household without masking, we recommend that everyone takes an antigen COVID test before-hand. If someone that a student socialized with develops symptoms of illness within 24-48 hours following the interaction, treat it as a COVID-19 exposure until there is confirmation that it is not COVID-19.

Immediately notify the administration of Namaste Montessori School if your Namaste student has been exposed to or tests positive for COVID-19, or if someone else in your household tests positive for COVID-19.