

APPENDIX: COVID-19 Health and Safety Protocols

Updated 9/15/2022

The Namaste Montessori School COVID-19 policy is in place to manage risks associated with the COVID-19 pandemic. These risks have decreased since the beginning of the pandemic due to widespread vaccination and availability of the COVID-19 vaccine to our youngest students, the development of better vaccines to target new variants of the virus, and development of pharmaceutical treatments of the illness. At the same time, COVID-19 is much more contagious than other common respiratory viruses and carries higher risks. Protecting the health of our students and teachers is our priority. Our illness policy is designed to minimize disruption due to the spread of COVID-19 and other illnesses.

Please 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.

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.

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 indoors in the following situations:

- Through day 10 following a COVID-19 exposure
- 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

If a student or teacher exhibits one or more of the symptoms commonly associated with COVID-19, they will need to stay out of school until a negative COVID-19 PCR test result is received. The following symptoms are commonly associated with COVID-19:

- Fever of 99.4 F (axillary) or above
- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose

Please see the Illness Exclusion Policy in the Parent Handbook for exclusion due to other symptoms.

RETURNING TO SCHOOL FOLLOWING ILLNESS

Any student or teacher who exhibits new symptoms of illness that are commonly associated with COVID-19 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 individual can return once they have been symptom-free for 24 hours.
OR
- Individual 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
- Individual 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 with a letter from their doctor that it is safe for them to return to school.
OR
- More than 5 days have passed since onset of symptoms, there is significant improvement in symptoms, and individual has been fever-free for 24 hours without use of medication if fever was present.

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.

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 in the following 48 hours, we will communicate with staff, parents, and students in the affected classroom(s).

Quarantine is not required following exposure at any classroom level. This applies to exposure both at school and outside of school.

- Individuals can be at school if no symptoms are present, wearing a KF-94 or KN-95 mask for 10 days following exposure.
- Antigen COVID testing on days 2 and 4, and PCR COVID testing between days 4 and 6 following exposure are required.
- If an individual develops symptoms of illness, a PCR COVID test is required to return to school.

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.