

# PROTOCOLS FOR SYMPTOMATIC INDIVIDUALS, COVID-19 DIAGNOSES, COVID-19 EXPOSURES AND TRAVEL

These protocols are consistent with and adhere to the guidelines of the Centers for Disease Control, Illinois Department of Public Health, Chicago Department of Public Health and Illinois State Board of Education. Bernard Zell reserves the right to impose more conservative in-person restrictions and quarantine on a case-by-case basis as it deems advisable to protect the school community.

## **SYMPTOMS OF ILLNESS AND PROTOCOL ..... 1**

COVID-19 Symptoms.....	1
Clinical Evaluation.....	2
COVID-19 Testing.....	2
Waiting for Test Results or while Self-Isolating Due to a COVID-19 Infection .....	2
Returning to Campus.....	2
Other Exclusions from Campus.....	3

## **ON-CAMPUS EXPOSURE PROTOCOLS ..... 4**

Contact Tracing.....	4
Quarantining as a Close Contact.....	4
Remote Learning.....	5

# SYMPTOMS OF ILLNESS AND PROTOCOL

## COVID-19 Symptoms

People with COVID-19 have a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- New and uncontrolled cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New and severe headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

It is important to know that as this is a new illness, it may not present in ways that are obvious and may be mistaken for common illnesses such as allergies, cold, strep or stomach upset.

Consequently, per CDPH's recommendation, all symptomatic individuals should receive a COVID-19 test. If you are unclear whether your child is truly symptomatic, please exercise caution. Self-screening calls for accurate symptom reporting based on the individual's medical history. It is critically important to pay attention to your body and report any symptom you or your student are experiencing that is new, abnormal, out of the ordinary, or not in line with how you have felt before. If there is any question or concern as to whether a symptom or complaint is due to an underlying condition or could possibly be related to COVID-19, please contact your healthcare provider before coming to campus.

### Protocol for persons with COVID-19 symptoms:

- Symptomatic individuals should remain home, consult with their medical provider and seek COVID testing.
- Siblings of symptomatic individuals must also remain home and be quarantined until a negative test result is received for the symptomatic individual. An earlier return may be allowed if an alternate diagnosis is made but only with express permission by the Bernard Zell nurse.
- Please use our Wellness Tracker to notify the school of your symptoms and impacted siblings.
- A Bernard Zell nurse will follow up over the course of the day. In communicating with the nurse, please let them know:
  - What are your child's symptoms
  - When did they become symptomatic
  - Whether you have sought clinical evaluation
  - Where and when you have sought testing
  - Were you recently in any gatherings, particularly with other members of the Bernard Zell community? If so, when did those occur?
- Please contact your teacher regarding missed school work as you would with any absence.
- If you need more immediate assistance, please email [studentwellness@bernardzell.org](mailto:studentwellness@bernardzell.org)

Students who become symptomatic at school (or school-related activities) will be sent home to follow the protocol above, as well as their siblings.

## Clinical Evaluation

Bernard Zell recommends consulting with your pediatrician in all cases. As stated above, we further recommend COVID testing in conjunction with that clinical evaluation. In rare cases, a physician's note that unambiguously provides an alternative diagnosis may relieve the requirement for a negative COVID-19 test. For the note to be valid, the physician must have evaluated the student for this specific episode. Bernard Zell will not accept notes in lieu of testing for allergies, strep throat, or flu diagnoses and in all cases reserves the right to require testing.

## COVID-19 Testing

Following CDPH recommendations, Bernard Zell may only clear a child to return to school with a negative standard PCR test. A rapid test, either PCR or antigen based, often provides clinically useful information and we suggest families pursue it if available, but such tests will still need to be confirmed by a standard PCR.

### **Waiting for test results or while self-isolating due to a COVID-19 infections:**

- If a child is unwell, their first priority is to rest and get better.
- For students who are asymptomatic and their otherwise healthy siblings, Bernard Zell will enroll these students in a modified remote learning option. A period of 24 hours may be required to enroll the student. Please contact your Division Head if you wish to pursue this option.

## Returning to Campus

If a COVID-19 test result is **negative**, students may return to campus if the following conditions are met:

1. At least 24 hours have passed since last fever without the use of fever-reducing medications
2. Symptoms (e.g. cough, shortness of breath, etc.) have improved

In rare cases, a note from the medical provider indicating an alternative diagnosis that meets the conditions stated above may be accepted. A note may also be requested if a negative PCR test result is obtained but symptoms have not improved (but are managed.)

Siblings are cleared to return once the negative PCR test is obtained as long as they are asymptomatic.

If COVID-19 testing is **not pursued and no clinical evaluation is made**, students may return to campus:

1. At least 10 days have passed since symptoms first appeared.
2. At least 24 hours have passed since last fever without the use of fever-reducing medications
3. Symptoms have resolved.

If COVID-19 testing is **positive**, the affected person should self-isolate and preferably separate within the home. Return to campus is allowed when the following conditions are met:

1. At least 10 days have passed since symptoms first appeared or if patient is asymptomatic, 10 days since test specimen was collected
2. At least 24 hours have passed since last fever without the use of fever-reducing medications
3. Symptoms (e.g. cough, shortness of breath, etc.) have improved

## Other Exclusions from Campus

If a student/staff member is informed that they are a **close contact**:

- They will need to quarantine for 14 days as long as they are asymptomatic. It is strongly recommended that they separate within the home.
- If they become positive, follow the criteria to return to campus above.
- Separation within the home entails that the quarantined individual has a separate bedroom, a separate bathroom or cleans the bathroom after each use, maintains a distance of greater than six feet and wears a mask within the home when distance is not maintained. No shared utensils should be used, and common surfaces should be cleaned often throughout the day.

If a member of the household is informed that they are a close contact, but not the student, the student may go to school under the following conditions:

- The close contact does not become symptomatic or tests positive for COVID-19
- The close contact separates within the home.

Siblings must stay at home if a member of the household tests positive for COVID-19:

- If the affected person is able to fully isolate within the home, siblings and other family members must quarantine for 14 days as close contacts if they remain asymptomatic.
- If isolation is not possible, siblings must first stay at home for the 10 days of the affected person's recovery, plus an additional 14 days in quarantine to ensure they pass through a potential virus incubation period.
- We recommend testing the entire family if one person tests positive. If negative, and the affected person isolates, we would recommend testing 5-9 days after the last exposure or at the first signs of symptoms.
- A negative test result, however, will not release the sibling from quarantine.

Date of return to campus following a positive diagnosis must be confirmed by the school nurse.

### Travel quarantines:

- The City of Chicago maintains a **list of states** that are under emergency travel orders. Travelers returning from those states are asked to quarantine within their homes for 14 days following their last day of travel from the affected area. Bernard Zell will uphold that quarantine and asks families to strongly reconsider travel to those areas.
- Similarly, the State of Illinois maintains a list of **international destinations** that are considered high-risk. Bernard Zell also asks that families quarantine for 14 days upon returning from those destinations.

# ON CAMPUS EXPOSURE PROTOCOLS

## Contact Tracing

Should a student test positive, they should reach out to their Division Head and Bernard Zell nurse immediately. Alternatively, please email: [studentwellness@bernardzell.org](mailto:studentwellness@bernardzell.org) that will notify an expanded care team. Staff should email their Division Head or supervisor and COO.

- The Bernard Zell nurse or designated staff member will reach out to ask:
  - When did they become symptomatic? (In cases of asymptomatic positive cases, what day was the test taken?)
  - When were they last on campus?
  - Besides their cohort, did they have any close contact with Bernard Zell students or staff members in the 48 hours prior to becoming symptomatic or when their test was taken?
- Siblings of the student or children of the staff member will stay home or be sent home.

Close contact is defined as contact with the affected person for more than 15 minutes cumulatively at a distance of less than six feet. For the purposes of contact tracing, mask-wearing or indoor vs outdoor exposure are not taken into account.

- Cohorts will generally always be deemed close contacts even if they do not meet the strict definition of the rule. If exposed, cohorts will be sent home to quarantine for 14 days.
- Teachers and staff members will be interviewed to determine whether they were close contacts. If so, they will also be asked to quarantine.
- All areas that the student occupied will be closed as soon as feasible, thoroughly cleaned and disinfected, and will be treated with an additional electrostatic spray.

## Quarantining as a Close Contact

If a student is informed that they are a close contact, either individually or as a member of an affected cohort, they should:

- **Quarantine** for 14 days if remaining asymptomatic
- Contact one's physician
- Monitor symptoms
- Test, if possible, 5-9 days after the last exposure to the positive case

If the student should become symptomatic or test positive, their **isolation** period begins from 10 days from the date they became symptomatic or their test specimen was collected.

Self-isolation and quarantining while separating within the home are very similar. Quarantined individuals can, however, leave the house in a limited fashion but should avoid socializing or areas where six feet distancing is not possible at all times.

Please note that if the student has been sent home as part of a cohort, they are considered a close contact. Other extracurricular activities are likely to have similar rules that bar the participation of students who are considered close contacts, and we expect Bernard Zell students and families to respect those rules.

Further, it is not safe to assume that students in the same cohort may quarantine together. The degree of exposure will be different across students, and regardless, quarantined individuals should not be socializing.

When self-isolating as a positive case, you should not leave your home if at all possible except to seek medical care.

As noted above, siblings of impacted cohort mates may go to school if—and only if—the close contact is able to quarantine while separating within the home.

## Remote Learning

- Cohorts who are asked to quarantine upon exposure to a student will begin remote learning after a 24 hour preparation period.
- Cohorts who are not impacted by the COVID-19 exposure may also be asked to go to distance learning if the number of teachers identified as close contacts makes in-person learning infeasible.