

Meadowbrook School of Weston Protocols for COVID-19 Case and Close Contacts

Academic Year Sept-June 2020-2021

SARS-CoV-2, the virus that causes COVID19 symptoms has been shown to be highly contagious. This document outlines protocol to help mitigate spread among students and staff at Meadowbrook School. This protocol is based on the most current guidelines from the MA DESE and MA DPH to respond to COVID19 cases in the school setting and their close contacts. This protocol will continue to be updated as guidance is updated and based on state and local health metrics.

Close contacts include any individuals who are within 6 feet of the infected student or faculty member for a cumulative total of 15 minutes in a classroom, in other school spaces, on the bus or at an extracurricular activity in a 24 hr. period starting from 2 days prior to the onset of symptoms or for asymptomatic patients 2 days prior to the test specimen collection until the time the patient is isolated.

Please STAY HOME if you have any of the symptoms listed.

Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills (CDC has lowered the temperature from 100.4 to 100.0)
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache *when in combination with other symptoms*
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*

If staff or students have any of these symptoms, they must get a test for active COVID-19 infection prior to returning to school.

A [list of test sites is available here](#), and Massachusetts also has an [interactive testing map](#). You can also go to PM Pediatrics, NWH or a testing site recommended by your PCP.

Symptomatic person in school.

- Evaluated by school nurse.
- Symptoms are deemed consistent with COVID-19 based on best practices by school nurse.
- Separate individual in isolation room.
- Student or staff member sent to Primary Care Physician for follow up and testing orders.
Individual must stay home while awaiting test results.

- **If Test is Positive:**
 1. Remain at home for at least 10 days and 24 hrs. have passed without a fever* and with improving symptoms. *(no fever medication being used)
 2. Monitor symptoms
 3. Notify the school of positive test result
 4. Answer any calls from the local Department of Public Health or MA Community Tracing collaborative to help identify close contacts to help prevent transmission
 5. Secure release from local Department of Public Health once cleared for return to school

- **If Test is Negative:**
 1. Student or staff member may return to school once they have improving symptoms and without fever for 24 hrs. without fever reducing medicine.
 2. If provider makes an alternative diagnosis for COVID-19 like symptoms, the individual may return to school based on the recommendations for that alternative diagnosis (i.e. strep, influenza).

- **If Individual is not tested:**
 1. Student or staff must stay home for 10 days from the start of symptoms and can return to school after 10 days, as long as symptoms have improved and they have been without fever for at least 24 hours prior to their return to school without the use of fever reducing medication.

Individual(s) Exposed to COVID-19 positive person (Close Contact):

1. Anyone who is deemed a **close contact** (within 6 ft. of the person **while indoors**, who tested positive for COVID-19 for more than 15 cumulative mins. while the person was infectious. The infectious period begins 2 days prior to the onset of symptoms. If someone is asymptomatic, the infectious period is considered to begin 2 days prior to the collection of their positive test).
2. These individuals would need to **quarantine** at home and be tested ideally 5 days after they were last exposed.
3. Close contacts who were exposed to a COVID-19 positive individual **in the classroom or on the bus while both individuals were masked** do not have to quarantine unless they were within 3 feet of distance of the COVID-19 positive individual for a total of 15 minutes during a 24-hour period. This does not apply if someone was identified as a close contact outside of the classroom, on the bus (e.g. extracurriculars, lunch, etc.) or if masks are not worn by both persons at the time of the exposure.
4. **Close contacts who were exposed to a COVID positive person outdoors at recess do not need to quarantine.**
5. **Close contacts who are fully vaccinated** do not need to quarantine or get tested after exposure, as long as they do not show any symptoms. Individuals are considered fully vaccinated two weeks after their second dose of a two-dose series (Pfizer or Moderna) or two weeks after a single-dose vaccine (Johnson & Johnson).
6. All other close contacts must follow the standard protocol for when a close contact may return to school.
7. How long must you Quarantine?
 - at least 10 days with release on day 11, provided all of the following are satisfied:
 - you have not had, and do not have, any symptoms;
 - you are tested at least 3 days prior to your return to school for reentry using a molecular diagnostic test, PCR, to detect the presence of the virus;
 - you receive a negative test result; and
 - you monitor yourself for symptoms for the full 14 days. If you develop symptoms you should immediately isolate, contact your health care provider and be re-tested.

If close contacts choose not to be tested:

1. This individual must remain home in self-quarantine for 14 days from last exposure to index case.
2. If that individual becomes symptomatic during that time, it is recommended that they be tested. If test is positive, they can then return to school after a minimum of 10 days from onset of symptoms and 24 hrs.fever free and symptoms have resolved.
3. Follow all recommendations of local DPH.

- **If close contact tests Positive:**
 1. Remain at home for at least 10 days and 24 hrs. have passed with no fever* and symptoms are improving. *(no fever medication being used)
 2. Monitor symptoms.
 1. Notify the school of positive test result.
 2. Answer any calls from the local Department of Public Health or MA Community Tracing collaborative to help identify close contacts to help prevent transmission.
 3. Secure release from local Department of Public Health once cleared for return to school

Student or Staff Flagged via Wellness screening

- **If student or staff member answers yes to any of the wellness questions in the morning:**
 1. Said student or staff member will stay home
 2. School nurse will follow up during the day to discuss reasons for student or staff being flagged and therefore remaining at home.
 3. Student or Staff member will be asked to call PCP and get tested.
 4. Student or Staff member **must stay home while awaiting test results.**
- **If Student or Staff member is not tested**, they must stay home for 10 days from the start of symptoms and can return to school after 10 days, as long as symptoms have improved and they have been without fever for at least 24 hours prior to their return to school without the use of fever reducing medication.
- **If provider makes an alternative diagnosis for COVID-19 like symptoms**, the individual may return to school based on the recommendations for that alternative diagnosis (i.e. strep, influenza) and be symptom free for 24 hrs. without fever and the use of fever reducing medication.

Asymptomatic Student or Staff who Tests Positive during Lab screening tests

- **If student or staff member tests positive during a lab screening test they will:**
 1. Quarantine at home for 10 days without any symptoms and no fever for 24 hrs. may return to school if no symptoms develop at any time during quarantine.
 2. Follow all recommendations from local DPH and secure a release before returning to school.

3. If symptoms develop, continue to quarantine and remain at home until at least 10 days post onset of symptoms and 24 hrs. fever free without fever reducing medication.

Students participating in Organized Sports after a COVID positive diagnosis

1. Any student, who has tested positive for COVID, must call their pediatrician's office for a pre-participation screen after COVID for organized sports.