



Protocol for Responding to Covid-19 at Mount Alvernia High School

Students, with the assistance of their families, must be monitored daily for any symptoms of Covid-19. We ask that you assess your daughter each morning prior to her leaving for school as to how she is feeling and consider checking her temperature if you have any doubts and/or concerns. Please do not send your daughter to school if she is unwell; especially if she is displaying any of the symptoms outlined below that could potentially indicate an active case of Covid-19 which will then result in her having to be dismissed from school.

Everyone must do their part to protect others and not come to school if they are exhibiting any COVID-19 symptoms.

Covid-19 presents with a wide range of symptoms - ranging from mild symptoms to severe illness.

Below is the full list of symptoms that need to be monitored for on a basis daily:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- 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

*Again, the single most important thing to do if any of the above outlined symptoms are present is to **STAY HOME.***

The collective health of our school community relies, in part, on individual attention and responsibility.

Note that some symptoms of COVID-19 are the same as the flu or a bad cold; please do not assume it is another condition.

When in doubt, stay home and contact your medical care provider for further direction.

- *Any student who presents to the Wellness Center with any Covid-19 symptom(s) noted above while in school will be dismissed home.*
- *Parents/guardians will be immediately contacted by the school nurse and we ask that you promptly arrange for their dismissal from school.*

Any student complaining of symptoms related to Covid-19 may not take any form of public transportation home, i.e. Uber, MBTA, etc.

We require that the person designated to pick up your daughter wear a mask/face covering when arriving at school.

It is advised to wash hands upon arriving at home and change clothes, as a precaution.

- *Any student who tests negative for Covid-19 may return to school once they have shown improvement in symptoms and have been without fever for at least 24 hours without the use of fever reducing medications.*
** A medical note for return to school is to be provided to the school nurse on the day of her return.*



- *If a student presents with COVID-19-like symptoms and chooses not to be tested, they may return to school 10 days from the start of symptoms, as long as their 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. *A medical note for return to school is to be provided to the school nurse on the day of her return.*
- *If a provider makes an alternative diagnosis for the COVID-19-like symptoms, the student may return to school based on the recommendations for that alternative diagnosis (e.g., influenza or strep pharyngitis). *A medical note for return to school is to be provided to the school nurse on the day of her return.*

Any student who tests positive for Covid-19 will remain at home.

- Self-isolation for COVID-19 positive cases is a minimum of 10 days.
- A student may return to school when:
 - a. she has gone for 3 days *without a fever* (and without taking fever-reducing medications like Tylenol);
 - b. she has experienced *improvement in other symptoms* (for example, their cough has gotten much better);
 - c. she has *received clearance* from public health authority contact tracers (the local board of health or Community Tracing Collaborative);
 - d. provides a *medical note for return* to school to the school nurse on the day of her return.

Return to school should be based on time and symptom resolution.

Any student who has had a possible close contact of a Covid-19 case whether at home/surrounding communities or in school are directed as follows:

7 Days of Strict Quarantine

Release on Day 8 **IF:**

- a test (either PCR or antigen) taken on Day 5 or later is negative; AND
- she has not experienced any symptoms up to that point; AND
- she conducts active monitoring through Day 14.

The student must actively monitor symptoms and take temperature once daily.



IF even mild symptoms develop or the student has a temperature of 100.0 F, they must immediately self isolate, contact the public health authority overseeing their quarantine and get tested.

10 Days of Strict Quarantine

Release on Day 11 **IF:**

- she has not experienced any symptoms up to that point; AND
- she conducts active monitoring through Day 14.
- No test is necessary under this option.

14 Days of Strict Quarantine

Release on Day 15 **IF:**

- she has experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR
- The individual indicates they are unwilling or unable to conduct active monitoring.

DPH Revision made on 12/7/2020

- A close contact is defined as:

Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic individuals, 2 days prior to test specimen collection) until the time the individual is isolated.

CDC Revision of Close Contact made on October 21, 2020

*Note: Any close contact exposure that results in a positive Covid-19 test result would follow the guidelines outlined above for “**Any student who tests positive for Covid-19**”.*

Any decision to close school or switch to all remote learning will be based on data/ facts brought forward that indicate the potential for significant viral transmission either in our school or in the community at large.

Failure of an individual to follow the proven mitigation strategies of maintaining 6 feet of physical distance and of wearing a mask especially in a large group setting will result in a 14 day self-quarantine.

Updated: December 10, 2020



***We ask that all communication regarding any symptoms, possible infection and/or close contact related to Covid-19 whether occurring at home or in any other setting be promptly relayed to the school nurse in order that our mitigation strategies may be immediately taken in order to reduce the risk of further transmission at school.**