

COVID Policies and Procedures for Southborough Village Preschool September 2023

SYMPTOMATIC INDIVIDUALS

If you are experiencing any of these symptoms:

Fever (>100.0° Fahrenheit or higher), nausea, vomiting, diarrhea:

- Stay home until 24 hours after symptoms resolve AND fever free for 24 hours without fever reducing medication.
- A covid antigen test is recommended before returning to school.

Shortness of breath, muscle or body aches, sore throat, new congestion or runny nose, new loss of taste or smell, or new cough

- First 4 days of symptoms:
 - Recommend a covid antigen test each day before deciding if your child can come to school.
 - If negative:
 - Can attend school that day, if they have the stamina to participate in the school day and are available to learn.
 - A mask is recommended.
 - Continue careful handwashing.
 - If positive
 - Contact the school nurse.
 - Isolate for at least 5 days.
 - See [RETURNING TO SCHOOL AFTER ISOLATION](#).
 - If a covid PCR test is negative, on or after day 2 of symptoms, antigen testing is not needed.
- Day 5 and onward (if still symptomatic)
 - Can come to school without covid antigen testing if symptoms are improving.
 - If cough or runny nose are substantial, consider continued masking until symptoms resolve.
 - Continue careful handwashing.

IF YOU TEST POSITIVE

- You can NOT come to school
- Please complete this [23-24 POSITIVE TEST FORM](#).
- Contact the school nurse
- Isolate for a minimum of 5 days
- See [RETURNING TO SCHOOL AFTER ISOLATION](#)

ISOLATION (for those who have tested positive):

Self- isolate for a minimum of 5 days. Isolation means staying at home and not going out or participating in any activities outside of the home or having visitors into the home.

RETURNING TO SCHOOL AFTER ISOLATION GUIDELINES

Isolation may end if at least 5 days have passed since positive test or symptom onset and symptoms have significantly improved or resolved

If you are ASYMPTOMATIC or symptoms have significantly improved:

- Day 0 - is the date of positive test/symptom onset - whichever came first.
- Day 5 - isolate through this date
- Day 6 - return to school if symptoms have significantly improved or resolved AND fever free for 24 hours without fever reducing medication
- Day 10 - wear a mask at all times (except when eating or drinking or outside) through Day 10.
- **Please contact your school nurse prior to returning to school.**

If your SYMPTOMS have not significantly improved by Day 5:

Isolate until symptoms improve/resolve.

Return to school criteria:

- 24 hours after symptoms have significantly improved/resolved AND
- fever free for 24 hours without fever reducing medication AND
- wear a mask at all times (except when eating or drinking or outside) through Day 10.
- Please contact your school nurse prior to returning to school.

Days 6 to 10 guidelines for students who are returning after 5 day isolation or quarantine:

- Studies show that up to 50% of people continue to be contagious after Day 5. For this reason, **on Days 6-10 you must remain masked at all times**, except when eating and drinking or when outdoors. Masks must be well-fitted and multi-layered. Gaiters, bandanas, masks with vents and mesh masks are not allowed.
- **Snacks & lunch** will occur as they normally would.

IF YOU ARE A CLOSE CONTACT: (SEE [My child is a close contact, what do I do?](#))

If you were in close contact with an individual who tested positive for COVID-19 you do NOT need to quarantine.

It is recommended that close contacts:

- Wear a well-fitted mask while indoors until Day 10 after last exposure
- If asymptomatic, test on Day 6 after exposure
- Diligently monitor for symptoms through Day 10

SYMPTOMATIC CLOSE CONTACT: (even mild symptoms)

- First 4 days of symptoms:
 - Recommend a covid antigen test each day before deciding if your child can come to school.
 - If negative:
 - Can attend school that day, if they have the stamina to participate in the school day and are available to learn.
 - A mask is recommended.
 - Continue careful handwashing.

- If positive
 - Complete this [23-24 POSITIVE TEST FORM](#).
 - Contact the school nurse.
 - Isolate for at least 5 days.
 - See [RETURNING TO SCHOOL AFTER ISOLATION](#).
- Those who can mask should do so until Day 10 after exposure.

If you have had COVID-19 in the past 90 days and need to test, please test using an antigen test not a PCR test.

If you are exposed to COVID-19 and it has been more than 30 days since your first positive test, you should test as recommended above.

If you are exposed to COVID-19 and it has been 30 days or less since your first positive test, antigen testing is recommended if you have symptoms.

People are best protected when they [stay up to date with COVID-19 vaccinations](#), which includes getting boosters when eligible.