



COVID-19

What families should know for safe return to in-person school

Revised on 12/8/2020

Know how to screen for symptoms of COVID-19

Screen your child for symptoms every day before going to school. Students must stay home if feeling unwell. Everyone must do their part to protect others and not come to school if they are exhibiting any COVID-19 symptoms.

If your child has any of the symptoms below, or has been absent for these symptoms, they must get a PCR test for COVID-19 before returning to school. The alternative is to remain at home in self-isolation for a minimum of 10 days from symptom onset.

- Fever (100.0 F or higher), chills, or shaking chills
- Cough(not due to other known causes, 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, when in combination with other symptoms

Close contact information:

A close contact is defined as being within 6 feet of the individual for 15 cumulative minutes in a 24 hour period, while the person was infectious.

If you are notified that your child was a close contact of a COVID-19 case, the School nurse or Public health nurse will be in contact and help to determine the guideline for your child's quarantine period. There are 3 options:

Option 1: Releases from quarantine on Day 8: Students who have no symptoms and have a negative PCR taken on Day 5 or later, can be released on Day 8 (after 7 full days of quarantine).

Monitoring for symptoms continues for 14 days.

Option 2: Releases from quarantine on Day 11: If the student does not have a test and does not have symptoms, they may be allowed to leave quarantine on Day 11 (after 10 days of quarantine). Monitoring for symptoms continues for 14 days.

Families must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested

Option 3: Releases from quarantine on Day 15: Students unwilling or unable to conduct active monitoring of symptoms must remain home for a full 14 days of quarantine. Also, those with any symptoms at all, even with a negative Covid test, must remain at home for a full 14 days of quarantine.

Know test sites:

Plan for where to go for Covid testing
Contact your child's primary care physician for further instructions or visit www.ma.gov/stopthe spread

Know what to do when you get your child's COVID-19 results

Call the school nurse to discuss your child's test results as soon as you receive them, whether they are positive or negative. The nurse will provide further instructions.

For a positive test result, expect to do the following:

- Remain at home for at least 10 days and until symptoms have improved and child has had no fever for at least 24 hours.
- Answer the call from the contact tracing team (local Board of Health or Community Tracing Collaborative) and help identify/notify close contacts to help prevent transmission. The contact tracing team will ultimately clear your child for return to school.

For a negative result, return to school will depend on having improved symptoms and having no fever for at least 24 hours without any fever-reducing medications. Check with the school nurse before returning to school.

Know the four measures to prevent the spread of COVID-19 in school

Wearing masks

All students will be required to wear masks that adequately cover both their nose and mouth at all times, except for designated breaks, which will occur throughout the day. Exceptions to mask/face covering requirements must be made for those for whom it is not possible due to medical conditions, disability impact, or other health or safety factors. You should provide your child with a mask to wear on the way to school and during the school day (consider also providing a backup mask in case the mask breaks or gets dirty). Cloth masks should be washed daily. Extra disposable face masks will be available if needed.

Hand hygiene

Your child will be required to perform hand hygiene (hand washing or sanitizing) upon arrival to school, before eating, before putting on and taking off masks, and before dismissal. Please help your child learn to wash hands with soap and water or hand sanitizer for 20 seconds at a time.

Physical distance

As COVID-19 is transmitted through respiratory droplets, distance between individuals reduces risk. In classroom settings, six feet of separation is recommended when feasible. When six feet is not feasible, a minimum of three feet of distance is acceptable as long as everyone is wearing a mask. Your school will assign seats and designate cohorts of students to help mitigate the transmission of the virus. Please encourage your child to follow these instructions.

Stay home when sick

Please keep your child home with any signs of illness.



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IMPORTANT REMINDERS:

RETURN TO SCHOOL REQUIREMENTS

- If your child is sent home, or kept home, from school with any of the Covid-19 symptoms, **they must have a negative Covid test before returning to school.**
- Please contact your child's Primary Care Provider and request a PCR test for COVID-19 before returning to school.
- PCR tests are the acceptable test.
- The results of the test **must be received by the school nurse** prior to your child returning to school.
- The **alternative** is to remain at home in self-isolation for a minimum of 10 days from the day of symptom onset.
- For a negative result, return to school will depend on having improved symptoms and having no fever for at least 24 hours without any fever-reducing medications. Check with the school nurse before returning to school.

CLOSE CONTACT INFORMATION

- A close contact is now defined as: Someone being within 6 feet of a positive Covid-19 individual for 15 cumulative minutes in a 24 hour period, while the person was infectious.
- For a **symptomatic** positive person, **the infectious period begins 2 days before symptoms begin.**
- For an **asymptomatic** positive person, **the infectious period begins 2 days before the test date.**
- If you are notified that your child was a close contact of a COVID-19 case, we highly recommend that your child be tested.

A Close contact must enter Quarantine. Per CDC/MDPH Quarantine has 3 Options:

- **Option 1: Releases from quarantine on Day 8:** Students who have no symptoms and have a negative PCR taken on Day 5 or later, can be released on Day 8 (after 7 full days of quarantine). Monitoring for symptoms continues for 14 days.
- **Option 2: Releases from quarantine on Day 11:** If the student does not have a test and does not have symptoms, they may be allowed to leave quarantine on Day 11 (after 10 days of quarantine). Monitoring for symptoms continues for 14 days.
Families must actively monitor symptoms and take temperature once daily. If even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested
- **Option 3: Releases from quarantine on Day 15:** Students unwilling or unable to conduct active monitoring of symptoms must remain home for a full 14 days of quarantine. Also, those with any symptoms at all, even with a negative Covid test, must remain at home for a full 14 days of quarantine.

Please note: If your child is NOT identified as a close contact, he/she does NOT need to quarantine.

The District will communicate with staff and families if there has been a positive case of a community member within the school setting during the defined symptomatic or asymptomatic timeline outlined above.

TRAVEL INFORMATION

- If your family travels outside of Massachusetts to a high risk (red) state or out of the United States, your child will not be able to attend in-person learning until the following conditions are met:
- Your child will need to quarantine for 14 days or will need to produce a negative Covid-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts.
- Children, age 10 and under, do not have to be tested (unless they have Covid symptoms), and need to follow the test results of the adults from their household. The test results of the adult(s) must be presented to the school nurse prior to the child's return to school. This guideline only applies to travel.
- The travel guidelines change week to week - Please check the Mass.gov site often!
- Please make sure to check the Travel Order link below before your trip.
- Massachusetts Travel Order link: <https://www.mass.gov/info-details/covid-19-travel-order>

The district understands that navigating the Guidelines for safety regarding Covid-19 can be difficult and stressful, we appreciate your adherence to all safety regulations. We all need to do our parts to keep each other healthy both inside and outside of the school setting. The cooperation of all DPS community members is greatly appreciated.

Please do not hesitate to contact your school nurse or building principal for guidance with any questions or concerns.