



Illness Policy: Updated November 19, 2020

Parents and school must work together to keep disease down to a minimum at school. The most important thing you can do is to **KEEP YOUR CHILDREN HOME IF THEY ARE SICK**. The following is a list of symptoms to guide you in deciding whether your child should be sent to school. **Do not send your child to school on days when any of the following symptoms are present:** fever greater than 100.4, rash, cough, discharge of mucus from the nose, diarrhea, vomiting, sore throat, malaise, or general signs of illness. Symptoms of COVID 19 may be mild. With the onset of any new cold or flu-like symptoms, please keep your child home for at least 72 hours.

Symptoms of COVID 19 may include shortness of breath or difficulty breathing, fever greater than 100.4, chills, muscle pain, sore throat, new loss of taste or smell, or gastrointestinal symptoms like nausea, vomiting, or diarrhea. Emergency warning signs for COVID-19 include trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face. These symptoms require emergency care.

Please follow the guidelines below to keep all students healthy:

- If your child has a fever greater than 100.4, rash, cough, discharge of mucus from the nose, diarrhea, or vomiting, they need to be **symptom free without medication for 72 hours** before returning to school.
- If your child has strep throat or another illness that requires an antibiotic, make sure they have been on antibiotics for at least a full 24 hours before returning to school. Keep them home longer if they still seem sick, tired or weak - give them the time they need to recover fully.
- Pink eye, Hand, Foot, and Mouth, and other highly contagious infections must be treated by a medical professional, and the child must stay at home until they are symptom free for 72 hours.
- When your child is sick enough to warrant a call or visit to the pediatrician, ask the doctor or nurse when your child may safely return to school without infecting others.
- If you believe your child's symptoms can be attributed to allergies, teething, or other non-contagious causes they may attend once you have submitted a doctor's note **clearly stating the cause of the symptom and that your child is not contagious**.
- If you're not sure whether to send your child to school, ask yourself, "If this was another child, would I want my child near these germs at school?"
- Symptoms of COVID-19 OR a positive COVID-19 test within the household must be reported to the school immediately.

When a child is sick at school: Children who become sick at school will be assessed by the teacher and/or administration, isolated from the other children, and their parents will be called for immediate pickup. **If a sick child is sent home, their siblings will also be sent home and can return when they have met the same criteria as the sick child.** If one student contracts a highly communicable condition, all families of students in the child's class will be notified, without disclosing the name of the student. To protect the health of all the children, in the absence of a doctor's note, the teacher will be the final authority on whether the child is healthy enough to rejoin the class.

Travel Restrictions: In accordance with recommendations from the CDC, we ask that families traveling to an area where COVID-19 is spreading **self-quarantine for 14 days after returning home**. Students of these families will be welcome back after the quarantine period. Families traveling to areas without new cases of COVID-19 (for example, a family cabin in a low population area) are welcome to have their children return to school without the 14-day quarantine period. We also ask that families quarantine for fourteen days after attending gatherings of 50+ people, or after hosting guests in their home who have traveled from an area with community spread.

Illnesses within the household: **When one child in the household is ill, their siblings should also stay home.** We strongly suggest that children stay home if anyone in the household is ill, but will allow children to attend if an ill parent or guardian practices safe distancing and mitigates the risk of exposure to illness.



If a family member has been exposed to COVID-19, please notify us immediately and follow the CDC guidelines for testing, isolation, and quarantine.

Covid-19 Response Plan

Child or employee has COVID-19-like symptoms

In addition to following the guidelines in our school illness policy, families/staff should consult their doctor if they have any of the following symptoms and see if testing is recommended:

<ul style="list-style-type: none"> • Fever or chills • Shortness of breath or difficulty breathing • Muscle or body aches • New loss of taste or smell 	<ul style="list-style-type: none"> • Fatigue • Headache • Nausea or vomiting • Diarrhea 	<ul style="list-style-type: none"> • Cough • Congestion or runny nose • Sore throat
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PCR tests have been recommended by medical professionals as highly accurate.

Child or Employee has been advised to test because of symptoms but has not been exposed to a case of lab-confirmed COVID-19

Any child or employee being tested for COVID-19 should not be at school and should be isolated at home while waiting for test results. If the test result is negative, the child or employee should stay home until fever free without the aid of medication for 72 hours.

Child or employee has been exposed to someone who has tested positive for COVID-19

If a child or employee has had close contact with someone who has recently tested positive for COVID-19, they should undergo quarantine. The CDC defines close contact as:

- Being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- Providing care at home to someone who is sick with COVID-19
- Having direct physical contact with the person (hugging or kissing them)
- Sharing eating or drinking utensils
- Being sneezed on, coughed on, or somehow getting respiratory droplets on you

The child or employee should quarantine for 14 days AFTER the last contact with the infected person. If the child or employee was infected by someone in their household from whom they cannot isolate, they must quarantine for 14 days AFTER the infected person’s quarantine ends. Please note: an infected person can spread the virus 48-72 hours before showing symptoms, and an asymptomatic person can still spread the illness.

If you’re a child or employee has been exposed to a confirmed case of COVID-19 and has then attended school, we strongly recommend that the child or employee be tested for COVID-19 2-4 days after the last exposure. This will help us determine if the child or employee may have been infected with COVID-19 while at school, and will help others make informed decisions about whether to attend school.

Child or employee has tested positive for COVID-19

If a child or employee tests positive for COVID-19, the school should be notified immediately. Classrooms will be closed by Central District Health for 2-5 days while the potential for exposure is determined and measures to be taken are being decided. Families in that classroom should isolate as a precaution. Central District Health will help determine appropriate next steps, including whether an extended closure is recommended to stop or slow further spread of the virus.

If the child or employee is asymptomatic, they may return 10 days after their positive test result.

If the child or employee is symptomatic, they may return after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*



*Except in the case of severe illness. If the child or employee experiences severe illness, they may need to quarantine up to 20 days. This quarantine period should be decided with the child or employee's physician.

Mask Policy

Masks and face coverings are an effective way of controlling the spread of COVID-19, and the CDC and CDH recommend that children over the age of two wear a mask when outside their home or when interacting with non-household members.

What does mask wearing look like at Lakewood Montessori?

Masks are mandatory for children over three years of age. This means we expect children over three to wear a mask unless they are eating or sleeping.

Children in their second year of life are in a transition where they are gaining more independence and a greater ability to care for themselves. We recognize that it may be challenging for some two year olds, especially younger ones, to keep a mask on. **While we are not mandating masks for two year old children, our expectation is that they will wear them** during the day as much as they are able, and that they will grow in their capability to wear one full time.

Essentially, our first goal for a two year old is to help them acclimate to wearing a mask. Our goal for children over three is to help them internalize how to wear a mask in a way that is effective at stopping diseases from spreading (not touching their mask, not allowing it to become wet or soiled, and not removing it unless they are eating or sleeping). Our teachers are committed to supporting these efforts to keep everyone in our school community healthy.

All employees and family members must wear masks while at Lakewood. This includes during drop-off and pick-up outdoors.