



Sacred Heart School Covid 2.0

Updated COVID-19 Policies and Procedures for 2021-2022

In-Person Academic Instruction - Sacred Heart will continue with full in-person learning for all students. We believe that in-person learning provides the most effective experience for all students.

Feel Sick? Stay Home - Faculty, staff, students and guests should not enter the building nor participate in/attend school activities if sick. Students and everyone else who is feeling unwell should stay home if they have any symptoms of COVID-19

COVID-19 Symptoms List:

- **Fever (100.0° Fahrenheit or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle aches or body aches**
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, *when in combination with other symptoms*
- Nausea, vomiting, or diarrhea *when in combination with other symptoms*
- Headache *when in combination with other symptoms*
- 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

Face Coverings - Face coverings are mandated for all students (ages 3 and up), faculty, staff, and guests regardless of vaccination status, while indoors, until further notice. This will be reassessed by DESE on October 1st.

Cleanliness - Throughout the school day, frequent cleaning and disinfecting procedures are ongoing on high touch surfaces (e.g., door handles, light switches, restroom facilities). Hand sanitizer will be provided daily at drop off as well as frequently used during the day. Students are encouraged to wash their hands with warm soapy water after using the bathroom. Please remind your child of the importance of this practice.

Travel - All members of the Sacred Heart Community are expected to follow the Massachusetts state guidelines/recommendations (that are set forth by the CDC). We **STRONGLY** recommend that your child be tested prior to return to school (3-5 days after returning from travel). Please click the link to review this information prior to travelling:

<https://www.mass.gov/info-details/covid-19-travel>

Communication - Our school nurse or an identified point of contact will contact parents by phone if their child is identified as a close contact to a positive case of COVID-19 in school or during a school-sponsored activity. A follow-up email will be sent which will include a consent form for the Test and Stay Program or steps for quarantine if the student does not elect to participate in the Test and Stay program.

Student Health - If a student is not feeling well during the school day they should report to the Nurse's office. If a student's symptoms are associated with COVID-19, they will be placed in an isolation room and assessed by the nurse. If the nurse deems that the child's symptoms warrant a test, then one will be administered **only** when the parent is notified and the parent has signed the consent form for BINAX-NOW testing. <https://www.cic-health.com/consent/ma?district=null>

If the child's results are **positive** they will remain in the isolation room and a parent/guardian will be called to have them picked up immediately. The child must isolate themselves for 10 days and may return to school on day 11 **and** once:

1. Symptoms improve
2. Fever Free without fever-reducing medicine for 24 hours.

If the child's results are **negative** they will either be sent back to class or will need to be picked up and have a PCR test done or have the doctor make an alternative diagnosis. With a negative PCR test and improvement in symptoms (fever-free 24 hours with no fever reducing medicine) they may return to school.

There are specific guidelines set forth by the state that determine if a student can stay in school with a negative test result. Those guidelines may change but the current guidance is below.

*******UPDATE***** Initially students could self-administer the test.
This is no longer the case*****

DESE PROTOCOLS

Close Contact -

1. "Test and Stay" to Remain in School

- o **Duration:** 7 days
- o **Test:** rapid test daily on school days. Remain in school provided student tests negative and remains asymptomatic (must wear mask inside and out and have lunch a minimum of 3 feet away from others)
- o **Weekend Testing:** only test on weekends if participating in an extracurricular school activity
- o **Quarantine:** when outside of school setting
- o **Monitor for Symptoms:** through day 14

2. Quarantine at Home and Test to Return to School (when opting out of test and stay option)

- o **Duration:** quarantine at home for at least 7 days
- o **Test:** on day 5 or later (PCR or rapid antigen test that is administered by doctor or at testing facility)

- o **Return to School:** on day 8, provided student stays asymptomatic and test was negative (must have test results prior to return. Parent may email or scan results to Mrs. Skowron at jskowron@sacredheartkingston.com)
- o **Monitor Symptoms:** through day 14

3. Quarantine at Home, No Testing (when opting out of test and stay option)

Duration: quarantine at home for 10 days

- o **Return to School:** on day 11 provided student stays asymptomatic
- o **Monitor Symptoms:** through day 14

Symptomatic Individuals in school –

When your child’s rapid antigen test result was NEGATIVE, which means they are likely NEGATIVE for COVID-19.

Next steps:

For VACCINATED students who returned to class

Your child tested negative on the rapid antigen test and did not have symptoms in on page 4. They returned to class for the remainder of the day. If your child’s symptoms worsen, they should stay home and be evaluated by PCP for need for PCR testing

For UNVACCINATED students who returned to class

Your child tested negative on the rapid antigen test and only had one of the non-bolded symptoms on page 4. They returned to class for the remainder of the day. If your child’s symptoms worsen, they should stay home and be evaluated by PCP for need for PCR testing

For VACCINATED students who MUST quarantine

Your child must quarantine as they tested negative on the rapid antigen test and but had one of the symptoms in bold on page 4. It is recommended that this negative test result be confirmed with a PCR test. Please contact your healthcare provider to schedule this second test within 48 hours of the antigen test.

The quickest way to bring your child back to school is with a PCR test. They may return to school once:

- 1. They receive a negative PCR test or a doctor makes an alternative diagnosis and symptoms improve and**
- 2. They are fever-free without fever-reducing meds for 24 hours**

For UNVACCINATED students who MUST quarantine

Your child tested negative on the rapid antigen test and but had one of the symptoms in bold on page 4, or a combination of symptoms. It is recommended that this negative test result be confirmed with a PCR test. Please contact your healthcare provider to schedule this second test within 48 hours of the antigen test.

The quickest way to bring your child back to school is with a PCR test. They may return to school once:

- 1. They receive a negative PCR test or a doctor makes an alternative diagnosis
Symptoms improve and**
- 2. They are fever-free without fever-reducing meds for 24 hours**

*****Without a PCR test, your child may return to school on day 11 after 10 days in quarantine, if they are symptom-free and have been fever-free without fever-reducing meds for 24 hours.*****

Massachusetts testing sites

<https://www.mass.gov/info-details/find-a-covid-19-test>

Symptoms of Covid-19

Vaccinated individuals with symptoms in bold must quarantine, even with a negative BinaxNOW test

Unvaccinated individuals with symptoms must quarantine if they have any one symptom in bold and/or any combination of symptoms not in bold

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

Difficulty breathing or shortness of breath

New loss of taste or smell

Muscle aches or body aches

Cough (not due to other known cause, such as chronic cough)

Sore throat *when in combination with other symptoms*

Nausea, vomiting, or diarrhea *when in combination with other symptoms*

Headache *when in combination with other symptoms*

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*