

Health Protocols During COVID-19 Outbreak

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(Subject to revision by Regina Return-to-Learn Team)

The following procedures will be followed if a student or staff member tests positive, shows symptoms, or has had exposure to someone who has tested positive for COVID-19. These procedures were created from recommendations by the Iowa Department of Public Health and Center for Disease Control, and in consultation with Johnson County Public Health and the Regina Return-to-Learn Leadership Team.

The COVID-19 Pandemic is ongoing and the COVID-19 virus is circulating in all Iowa communities. All students, parents, teachers, coaches, staff, and school administrators have a responsibility to take measures to prevent the spread of COVID-19.

Regina Catholic Education Center will adhere to the following guidance.

DEFINITIONS:

- Asymptomatic - Showing no symptoms while infected
- Close Contact - Within 6 feet of an individual for 15 or more cumulative minutes over a 24-hour period OR in the same room as individual for more than 2 consecutive hours
- High risk - High risk populations include anyone over the age of 65 and/or anyone with a chronic medical disease requiring ongoing care by a physician.
- Isolation - Separation of a sick person from people who are not sick
- Quarantine - Separation and restriction of movement of an exposed person to see if they become sick
- Social Distancing - Keeping a safe distance between yourself and those not from your household. Center for Disease Control (CDC) recommendations are 6 feet. American Academy of Pediatrics (AAP) and World Health Organization recommendations are 1 meter (@ 3 feet).
- Symptomatic - Showing symptoms (fever or chills, cough, muscle or body aches, sore throat, fatigue, headache, new loss of taste or smell, congestion or runny nose, nausea or vomiting, diarrhea) MAY indicate a COVID-19 infection. Symptoms may show 2-14 days from exposure to the virus. Warning signs include trouble breathing, persistent pain or pressure in the chest, inability to wake or stay awake, new confusion, and bluish lips or face.

HEALTH MONITORING:

- Students, staff, and teachers who are part of a high-risk population should consult with their physician to discuss how they can best minimize their risk of getting sick while at school.

- Fever (100.4°F (38.0°C) or above) and symptom monitoring should occur at home. Symptoms to ask about when monitoring would be a new/worsening cough, shortness of breath, sore throat, generalized body aches, fatigue, vomiting, and diarrhea (3 or more loose stools in a 24 hour period without a clear alternative explanation).
- All students, staff, and teachers should be asked whether they have been in close contact with a sick person or confirmed COVID-19 case.

TRAVEL RESTRICTIONS:

Those traveling outside of the area should pay close attention to any travel and return restrictions. Regina classes and activities will follow the recommendations of the CDC, IDPH, and JCPH when determining if a 14-day quarantine is necessary for those who have traveled.

ILL STUDENTS, STAFF, AND TEACHERS:

- All students, staff, and teachers who have symptoms related to COVID-19 will be sent home immediately and instructed to contact their healthcare provider.
- COVID-19 testing is highly encouraged in symptomatic students, staff, and teachers to better inform the potential exposure of others. A symptomatic student, staff member, or teacher must follow the criteria below unless a negative test is confirmed.
- Those who come in close contact with a confirmed case will be required to self-quarantine for 10 days (7 days with a negative test on day 5 or later) after their last exposure to a confirmed case. These individuals should maintain social distance from others at all times and self-monitor for symptoms related to COVID-19. They should contact their healthcare provider if they feel ill. The return dates would be day 8 or day 11 after their last exposure to a positive case.
- Regina will follow the guidelines (given by JCPH) if a student is ill at school.
 - Does your child have fever (≥ 100.4), chills, new or worsening cough, or shortness of breath? If yes to any one of these symptoms, then the child should be treated as a suspected case of COVID-19 and we will follow Regina's Return Criteria.
 - Does your child have any of the following symptoms? If yes to at least two of the symptoms below, then the child should be treated as a suspected case of COVID-19 and we will follow Regina's Return Criteria.
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea, defined as ≥ 3 loose bowel movements per 24-hour period

RETURN CRITERIA

Students, staff, and teachers testing positive for COVID-19 infection should self-isolate until the following criteria are met:

- At least 10 days after their illness starts AND
- At least 24 hours since their fever resolved (without fever reducing medications) AND
- all other symptoms have improved.

Students, staff, and teachers who are symptomatic but not tested for COVID-19 infection should self-quarantine until the following criteria are met:

- At least 10 days after their illness starts AND
- At least 24 hours since their fever resolved (without fever reducing medications) AND
- all other symptoms have improved.
- OR receive clearance from your primary care provider
- OR negative test result for COVID-19

Students, staff, and teachers testing negative for COVID-19 infection and who are NOT a close contact of a confirmed case can return to normal activities 24 hours after their fever and other symptoms have resolved.

Students, staff, and teachers testing negative (day 5 or later) for COVID-19 infection and who ARE close contacts of a confirmed case should continue to self-quarantine for 7 days after their last exposure to the confirmed case. The negative test results must be provided to the school in order to shorten the quarantine time from 10 days to 7 days.

WHEN CAN PEOPLE PASS COVID-19 TO OTHERS: COVID-19 infected people can pass it to others from 48 hours before they get sick (symptomatic) until 10 days after they get sick. If people test positive for COVID-19 infection and never get sick (asymptomatic), assume that they could pass it to others from 48 hours before they were tested until 10 days after they were tested.

EXPOSURES: Everyone is expected to fully cooperate with public health investigations of persons testing positive for COVID19. All students, staff, and teachers who have been within 6 feet of the person testing positive for COVID-19 for more than 15 cumulative minutes, should self-quarantine for 10 days after their last exposure. Exposed students, staff, and teachers should stay home and away from others during the 10 day period of self-quarantine. These individuals should self-monitor for symptoms related to COVID-19, and they should contact their healthcare provider if they feel ill.

If a student or staff member has been exposed, the student and staff member should stay home for 10-days and keep a safe distance from other members of the household. However, the rest of the household doesn't have to quarantine, unless they too were exposed to the infected person.

Individuals who have been exposed to someone who has tested positive for COVID-19 may shorten their quarantine period to 7 days if they receive a negative test on day 5 or later. The test results must be provided to the building administrator prior to the individual being allowed to return to school activities.

If both the positive case and close contact were wearing masks correctly during the entire time of exposure, then the individual considered to be the contact will not have to be quarantined.

EXPOSURES TO OPPOSING TEAMS: If a player or coach tests positive for COVID-19, all opposing teams (for games played during the time when the infected person could have passed COVID-19 to others) should be notified. Players and coaches on the opposing team should continue to self monitor for COVID-19 symptoms.

REPORTING A POSITIVE CASE OR EXPOSURE: The following steps must be followed in the event that someone tests positive for or is exposed to someone who tests positive for COVID-19.

- Notify school administration of the positive test or exposure within 24 hours
- School administration will notify Johnson County Public Health as soon as the case is reported
- School administration will complete a form that includes information about the positive test or exposure (name, date of symptom onset, date of test or last contact of exposure, date of return to school activities, names of other individuals who were in contact with the person who tested positive within 48 hours of the onset of symptoms)

All students, staff, teachers, officials, and spectators are encouraged to follow public health social distancing recommendations (wear a face covering when 6 feet from others cannot be maintained) and practice frequent hand washing.

ELEMENTARY CLASSROOM TRANSITION TO REMOTE LEARNING

If a student or staff member tests positive for COVID-19 in an elementary classroom, students considered to be an exposure must transition to the Remote Learning model for 10 calendar days after their last exposure to the confirmed exposure case. This date shall be set by Regina.

Siblings and/or other students or staff living in the same household as the specific individual(s) testing positive are required to self-quarantine for 10 calendar days.

All students, staff, and teachers who have been exposed to a person testing positive for COVID-19, should self-isolate for 10 days after their last exposure. Exposed students, staff, and teachers should stay home and away from others during the 10 day period of self-isolation.

JUNIOR SENIOR HIGH STUDENT TRANSITION TO REMOTE LEARNING

If a student or staff member tests positive for COVID-19 in a junior high or high school classroom, students and staff considered to be an exposure must transition to the Remote

Learning model after their last exposure to the confirmed exposure case. This date shall be set by Regina.

Siblings and/or other students or staff living in the same household as the specific individual(s) testing positive are required to self-quarantine for 10 calendar days.

All students, staff, and teachers who have been exposed to a person testing positive for COVID-19, should self-isolate for 10 days after their last exposure. Exposed students, staff, and teachers should stay home and away from others during the 10 day period of self-isolation.

SCHOOL BUS RIDERS TRANSITION TO REMOTE LEARNING

If a student or staff member riding a school bus or in a school vehicle tests positive for COVID-19, students and staff considered to be an exposure must transition to the Remote Learning model for 10 calendar days after their last exposure to the confirmed exposure case. This date shall be set by Regina.

Siblings and/or other students or staff living in the same household as the specific individual(s) testing positive are required to self-quarantine for 10 calendar days.

All students, staff, and teachers who have been exposed to a person testing positive for COVID-19, should self-isolate for 10 days after their last exposure. Exposed students, staff, and teachers should stay home and away from others during the 10 day period of self-isolation.

STUDENT PARTICIPATING IN CO-CURRICULAR OR EXTRA-CURRICULAR ACTIVITIES

If a student or staff member participating in or sponsoring a co-curricular/extra-curricular activity tests positive for COVID-19, Regina administration will consult with Johnson County Public Health to determine which students and staff in the activity/sport (if any) must transition to the Remote Learning model for 10 calendar days after their last exposure to the confirmed exposure case. This date shall be set by Regina.

Siblings and/or other students or staff living in the same household as the specific individual(s) testing positive are required to self-quarantine for 10 calendar days.

All students, staff, and teachers who have been exposed to a person testing positive for COVID-19, should self-isolate for 10 days after their last exposure. Exposed students, staff, and teachers should stay home and away from others during the 10 day period of self-isolation.

INDIVIDUAL SCHOOL TRANSITION TO REMOTE LEARNING

If either Regina Elementary or Regina Junior Senior High experiences positive cases in different classrooms within an overlapping time period, all students in the respective school may be required to transition to the Remote or Hybrid Learning model for 10 calendar days (pending state approval) after their last exposure to the confirmed exposure case. This decision will be made in consultation with JCPH. All co-curricular and extra-curricular programs will be

suspended for the two week period. This date shall be set by Regina. Staff required to continue to report during the period of online learning will be notified by the principal.

Siblings and/or other students or staff living in the same household as the specific individual(s) testing positive are required to self-quarantine for 10 calendar days.

All students, staff, and teachers who have been exposed to a person testing positive for COVID-19, should self-isolate for 10 days after their last exposure. Exposed students, staff, and teachers should stay home and away from others during the 10 day period of self-isolation.

CENTER-WIDE OUTBREAK

If Regina Catholic Education Center experiences school transitions at both the elementary and junior senior high within an overlapping time period, Regina may move all students to the Remote or Hybrid Learning model for 10 calendar days (pending state approval) after their last exposure to the confirmed exposure case. This decision will be made in consultation with JCPH. This date shall be set by Regina.

All co-curricular and extra-curricular programs will be suspended for the two week period. Staff required to continue to report during the school closure will be notified by the principal.

BUILDING ACCESS DURING REMOTE LEARNING

Schools will remain open during a period of temporary Remote Learning. Administration, office and support staff may be required to report daily, and teaching staff may have the option to teach from the classroom or an alternative location. Employees required to self-quarantine will not be able to access the building during this time. The building(s) will also undergo deep cleaning and sanitizing procedures during this period. The District will provide additional guidance to impacted employees.

For additional information about COVID-19 visit:

<https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus>

<https://coronavirus.iowa.gov/>.

<https://regina.org/covid/>

These procedures have been developed following guidance from the CDC, IDPH, JCPH, and our Return-to-Learn Leadership Team.