

COVID-19 Action Plan

Guidelines from the CDC updated November 10, 2021 and January 9, 2022

City Kids School 2021-2022

Health & Safety

- Communication about COVID-19 is key:
 - The school will communicate any known or suspected exposure to appropriate contacts
 - Families will communicate any known or suspected exposure to CKS
- Face coverings are to be worn indoors except when eating, or during rest time (full-day students)
- The school continues to strengthen standard cleaning procedures and increase cleaning frequency of common touch points
- Teachers will intentionally seek out extra time outside and open doors for ventilation during the day as weather permits.
- Each class will isolate students who begin not feeling well in the school office, awaiting parent pickup

Daily At-Home Health Screening Checklist

Class A Symptoms:

- Fever of 100.0+
- Persistent cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell

Class B Symptoms (if unrelated to chronic illness or allergies):

- Muscle or body aches
- Headache
- Fatigue
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If a **single Class B** symptom resolves within 24 hours the student may return to school

Students should stay home and seek medical evaluation when they have:

- **Any** Class A symptoms
- **Two or more Class B** symptoms
- Been in close contact with anyone suspected or confirmed with COVID-19

COVID-19: When to stay home, when to return, and what action to take

Exposure

Student has been exposed to a COVID positive person for more than 15 sustained minutes

A member of the household tested positive

- Stay home and call your doctor
- Begin 10-day quarantine following last exposure. The date of your exposure is considered **day 0**.
- Get tested if you develop symptoms.
- Get tested 5-7 days after exposure if no symptoms develop.
- Inform CKS

Exposed Household Member

- Student "A" was not exposed to person with confirmed COVID-19
- Student "B" was exposed

- Healthy student "A" (not exposed) may continue school attendance if exposed student "B" remains healthy
- Exposed student "B" remains at home for 10-day quarantine.

Ready to Return

- 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

- Return to school
- Those returning after 7 days and before 10 days must send an electronic copy of the negative test results* to the school office

*** PCR tests recommended. At-Home Covid tests do not qualify.**

Cold & Flu: When to stay home, when to return, and what action to take

Symptoms without known Exposure

Student is experiencing cold/flu like symptoms

Student has a fever of 100 or higher

- Stay home and call your doctor
- Inform CKS
- Rest and recover
- See page 3: "Daily At-Home Health Screening Checklist"

Ready to Return

Single B symptom resolves in 2-4 days

Student is fever free (without medication) for 24 hours

- If symptoms linger more than 5 days, provide an electronic negative covid test* to return to school (once symptoms are gone)

*** PCR tests recommended. At-Home Covid tests do not qualify.**