

# COVID-19 QUICK REFERENCE GUIDE FOR SELA STUDENTS

## UPDATED 1.7.22

### 1. STUDENT MASK POLICY

1. **Students ages 2 and under:** Are not permitted to wear facial coverings of any kind due to the potential safety risks.
2. **Early Global Students above the age of 2:** Will be strongly encouraged to wear a facial covering (SELA provided, or parents may choose to send in their own disposable masks) while indoors with parent/guardian permission only.
3. **Elementary Students ages 5 and above:** Are required to wear a face mask while indoors.
  - If an Elementary student is unable to wear a mask safely/appropriately parent will be notified and encouraged to enforce correct mask usage while in school.
  - If student is unable to wear a mask at school due to behavioral or medical reasons a doctor's note will be required.

#### Important Details

Teachers are not permitted to force any child to wear a facial covering for any reason, regardless of parental consent.

Students are no longer required to wear a facial covering while outside, due to studies reporting outside activities being a low exposure risk.

*\*Home masks are not allowed in the school building during learning hours, but are permitted at the beginning and end of the day for entering and exiting the building*

### 2. TRAVEL POLICY

1. **All Domestic Travel:** No action required.
2. **International Travel:** Notify the school nurse in advance. Documentation will be required for all international travel depending on vaccination status.
  - A. **Fully Vaccinated Student Travels Internationally**
    - Students aged 2 and up, must show proof of their required PCR test that was taken no more than 1 day prior to their return to the United States.
    - Must be symptom free to return to school.
  - B. **Unvaccinated Student Travels Internationally**
    - Students aged 2 and up, must show proof of their required PCR test that was taken no more than 1 day prior to their return to Massachusetts.

AND

- Student must remain at home post travel for minimum of 3 days (with the day of arrival being counted as day 0). A COVID test should be taken on the 3rd day of return to the United States. Once the student has the negative COVID test taken on the third day and is symptom free they may return to school.

### Important Details

For post-travel testing either an Antigen test or PCR test is acceptable and does not have to be proctored by a physician or lab to return. See “how to submit a self-administered antigen test”.

Students will not be permitted to enter the building until the above document(s) are received by the school.

## 3. STUDENT DISPLAYS EXCLUSIONARY SYMPTOMS

### 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*

1. Fully vaccinated students who are not close contacts should not attend school and follow the testing and quarantine response protocols if they are **experiencing the symptoms in bold**. These individuals may also seek clinical guidance to assess the need for PCR testing if they have other symptoms on this list.
2. Unvaccinated individuals and any close contacts (including fully vaccinated close contacts) presenting any of these symptoms (or combination of as stated above) should follow the testing and quarantine response protocols as outlined in Section 4 of this document.

## 4. TESTING AND QUARANTINE RESPONSE PROTOCOLS

Close contacts are defined as individuals who have been within 6 feet of a COVID-19 positive individual while indoors, for at least 15 minutes during a 24-hour period. Please note that the at-risk exposure time begins 48 hours prior to symptom onset (or time of positive test if asymptomatic) and continues until the time the COVID-19 positive individual is isolated.

In this section you will the three protocols for what to do if:

1. Your student tests positive for COVID-19 (Protocol A)

2. Your student is a close contact of an individual who tested positive of COVID-19 (Protocol B)
3. Your student is displaying symptoms of COVID-19 (Protocol C)

1. The following close contacts are exempt from testing and quarantine response protocols:
  - Asymptomatic, fully vaccinated close contacts: Individuals who are asymptomatic and fully vaccinated are exempt from testing and quarantine response protocols.
  - Classroom close contacts: An individual who is exposed to COVID-19 positive individual in the classroom while both individuals were masked, so long as the individuals were spaced at least 3 feet apart, is exempt from testing and quarantine response protocols.
  - Bus close contacts: Individuals on buses must be masked according to federal requirements. As such, individuals who are masked on buses when windows are open are exempt from testing and quarantine response protocols.
  - Close contacts who have had COVID-19 within the past 90 days: An individual who has been previously diagnosed with COVID-19 and then becomes a close contact of someone with COVID-19 is exempt from testing and quarantine response protocols if:
    - The exposure occurred within 90 days of the onset of their own illness AND
    - The exposed individual is recovered and remains without COVID-19 symptoms.
2. Recommended testing and quarantine response protocols

Overview of Protocol Categories:

- Protocol A: For individuals who test positive for COVID-19
- Protocol B: Protocol for asymptomatic close contacts
- Protocol C: Protocol for symptomatic individuals

**Protocol A: For Individuals who test positive for COVID-19**

- Duration: Self-isolation for COVID-19 positive cases is a minimum of 5 days after symptom onset or after positive PCR or antigen test, if asymptomatic. Please note the day of symptom onset or date of positive test is counted as day 0.
- Return to school: After 5 days and once they have:
  - Been without fever for 24 hours (and without taking fever-reducing medications); and,
  - Experienced improvement in other symptoms
  - Following the 5-day isolation period, individuals must mask for 5 additional days when around others. Individuals who are unable to mask should follow prior isolation response protocols and isolate for 10 days

Protocol B: For Asymptomatic close contacts who are not exempt from testing and quarantine response protocols.

**Protocol B-1 (Recommended) Test and Stay (available only for close contacts identified within the school setting).**

- **Duration of Test and Stay:** 5 days from the date of exposure
- **Return to School:** Close contacts can remain in school and do not have to quarantine so long as they:
  - Are asymptomatic
  - Wear masks in school at all times, other than when eating, drinking or outside.
  - Take a negative rapid antigen test (e.g., BinaxNOW) on each school day and receive a negative result. When the 5 days from date of exposure includes weekends or holidays, individuals should quarantine on weekends, and if they remain asymptomatic, upon return to school be tested immediately. If the individual remains negative, they can stay in school.
  - Conduct active monitoring through day 10, and self-isolate at home if symptoms develop.
- **Note:** If an individual has symptoms at the time they are designated as a close contact or develops symptoms during the Test and Stay period or the 10 days following the initial exposure, they should follow the protocol for symptomatic individuals (Protocol C) below. If an individual tests positive at any time, they should follow the protocol for individuals who test positive for COVID-19 (Protocol A) above.

**Protocol B-2: Traditional Protocol (parent or guardian chooses not to participate in Test and Stay or student is not eligible for Test and Stay)**

- **Duration:** Quarantine is at least 5 days from the date of exposure
- **Return to School:** After 5 days, returning on day 6, provided that they:
  - Remain asymptomatic, and
  - Conduct active monitoring for symptoms through day 10, self-isolate if symptoms develop, and adhere to strict mask use for an additional 5 days.
  - Test on day 5 and receive a negative test result *Test may be an Antigen or PCR. An antigen test may be self-administered and does not need to be proctored or performed by a healthcare professional. See how to submit a home antigen test.*

**Note:** If an individual has symptoms at the time they are designated as a close contact or within the 5 days following the initial exposure, they should follow the protocol for symptomatic individuals (Protocol C). If an individual tests positive at any time, they follow the protocol for individuals who test positive for COVID-19 (Protocol A).

## 4. PROTOCOL C FOR SYMPTOMATIC INDIVIDUALS

Protocol C applies to **vaccinated and non-vaccinated individuals** who experience the COVID-19 symptoms listed in Section 3 applicable to their status **and who have not tested positive for COVID-19.**

## Protocol C for Symptomatic Individuals

### Protocol C-1 (Recommended): Return to school post-symptoms with test

- **Duration:** Dependent on symptom resolution
- **Return to school: Individual may return to school after they:**
  - Have received a negative PCR or antigen test result for COVID-19. An antigen test may be self-administered and does not need to be proctored or performed by a healthcare professional. Note: So long as the individual is not a close contact, if a medical professional makes an alternative diagnosis for the COVID-19-like symptoms, the individual may use this recommendation (e.g., influenza or strep) in lieu of a PCR or antigen test.
  - Have improvement in symptoms
  - Have been without fever for at least 24 hours without the use of fever reducing medication
  - **Note: if symptoms develop during the school day and the individual is enrolled in our symptomatic testing program, they can receive an antigen test at school. Depending on the results and the symptoms the student may be able to remain in school.**

Note: If the symptomatic individual **was a close contact** (regardless of vaccination status) they can return to school with:

- Proof of a negative PCR
- Have improvement in symptoms
- Have been without fever for at least 24 hours without the use of fever reducing medication

**Protocol C-2:** Alternative protocol for symptomatic individuals who are not close contacts and choose not to receive a COVID test to return to school

- **Duration:** Isolation is at least 5 days from symptom onset
- **Return to school:** After 5 days, returning on day 6, assuming they:
  - Have improvement in symptoms
  - Have been without fever for at least 24-hours without the use of fever-reducing medication

Please read below how to submit a photo of a self-administered antigen test.

- Make sure that there is adequate lighting, and the test is clearly visible in your photo
- Include in your photo a piece of paper clearly written with your students
  - Name
  - Date of Birth
  - Date and Time test was administered
- Submit photo via email to school nurse at [mrs.lynch@suescuola.com](mailto:mrs.lynch@suescuola.com)
- Must be submitted before the student attends school

## 6. ADDITIONAL INFORMATION

COVID-19 Testing Options:

[Find a COVID-19 Test](#)

[STOP THE SPREAD](#)

To sign your student up for our test and stay or symptomatic testing program:

[Sign up here](#)

To find a COVID-19 vaccine for yourself or your child:

[Find a Vaccine](#)

## 7. EXAMPLE SCENARIOS

**Example 1:** Student who is fully vaccinated was notified on Monday morning while in school that an individual who was at a birthday party they attended on Saturday has tested positive for COVID-19.

Student is exempt from testing and quarantine response protocols as long as they remain asymptomatic.

**Example 2:** Same scenario as above except student is not fully vaccinated.

Student would follow protocol B-2. Student is not eligible to participate in test and stay since the exposure happened outside of school. Student would test on day 5 (with the day of exposure being counted as day 0) and would be able to return to school on day 6 as long as they had a negative test taken on day 5 and remained asymptomatic.

**Example 3:** Fully vaccinated student who has been identified as a close contact develops symptoms

Student would follow protocol C-1 symptomatic individuals that were a close contact. To return to school student would need:

- Negative PCR test
- Improvement in symptoms
- Fever free for 24-hours without the use of fever reducing medication

**Example 4:** Household member of a student who is not fully vaccinated tests positive for COVID and is not able to self-isolate away from the student (see [How to Isolate](#) )

Student will follow protocol B-2 with the following adaptations:

- Students 5-day quarantine period does not begin until the end of the infectious period for the positive household member:
  - If household member is able to remain masked around the student at all times and is symptom free, then the students 5-day quarantine will begin on the positive individuals last day of isolation which is day 5. This will be the student's day 0 of quarantine.
  - If household member is not able to remain masked around the student at all times and/or is not symptom free or showing an improvement in symptoms, then the students 5-day quarantine does not begin until day 10 of the positive individuals isolation period with day 10 being counted as day 0 of quarantine for the student.

**Example 5:** Same scenario as above except student is fully vaccinated and asymptomatic.

Student is exempt from testing and quarantine response protocols and may attend school. If at any time the student develops symptoms, then they would follow the protocols for symptomatic close contacts in C-1.

## 8. CIC Testing Program

The CIC Testing Program is a state funded program and is offered through a federal grant by the Department of Elementary and Secondary Education. SELA is required to follow all rules and regulations of this testing program

set forth by DESE. DESE and DPH continue to strongly recommend that all faculty, staff, and eligible students to receive the COVID-19 vaccine and booster. SELA requires all of its staff to be fully vaccinated against COVID.

### Types of Testing Available:

1. Symptomatic Testing
2. Test and Stay
3. Routine Covid Safety Checks (i.e., “pooled testing”) *\*not currently in use by SELA*

### Symptomatic Testing

Indication: For symptoms that develop during the school day.

If an individual has mild symptoms, the individual may be considered for testing using BinaxNOW, if available.

- If the result is positive, they should be sent home and follow Protocol A.
- If the result is negative, they should remain in school.
- If the minimal symptom(s) persist, the individual may be re-tested within the subsequent 3 days. If symptoms worsen, the individual should seek medical care and be evaluated for the need for PCR testing.

When a student or staff member presents to the school health office with any symptom from the list in Section 1 (one bolded or a combination of other symptoms), they should receive a BinaxNOW test if available.

- If the result is positive, they should be sent home and follow Protocol A.
- If the result is negative, they should be sent home. The student’s parent/guardian, or the staff member, should be informed that the negative test is presumptive, and they should follow Protocol C.

**Note:** BinaxNOW tests are less sensitive and less specific than PCR tests. PCR confirmation is recommended for asymptomatic persons with a positive BinaxNOW test, and for symptomatic persons with a negative test, unless those symptoms are unlikely to be due to COVID-19. If the results are discordant, for the purposes of these protocols the PCR result would be taken as the true result, assuming the two tests are done within 2 days of each other.

### Test and Stay

The Test and Stay program is a testing initiative intended for asymptomatic close contacts of individuals with confirmed COVID-19. This testing program will allow asymptomatic close contacts to remain in school if they receive an individual rapid antigen test (e.g. BinaxNOW) each school day and test negative, as well as follow other guidelines as noted in this document.

**Indication:** Asymptomatic close contacts identified with exposure occurring within the school setting who are not exempt from testing and quarantine response protocols.

**Duration:** 5-days from date of exposure

**\*note if 5 days includes weekends and/or holidays student should quarantine on the weekend and be tested immediately when they return to school the following Monday.**

\*note the test and stay program is designed to keep children in school. Children should still quarantine outside of school hours for 5 days.

Procedure:

1. Students should be dropped off as normal in the drop off line.
2. Student should arrive to school wearing a clean, disposable mask.
3. Parent should confirm with school nurse or administrator the best number to reach designated pick-up person in the event student tests positive.
4. School Nurse and/or trained staff member will begin testing students after morning drop-off, around 8:30am.
5. If any students test positive, they will be isolated, parents will be contacted, and student should be picked up from the school within 30 minutes.
6. If at any time the student becomes symptomatic, they will need to be sent home and seek PCR testing.
7. Parent or Guardian will receive an email from CIC health by the end of the day where they can view their students test results.

*\*Note: Students participating in test and stay **will not be allowed to ride the bus** for the duration of while they are participating in test and stay. Please plan accordingly for transportation for your child to and from school.*