



## Sacred Heart School Policies for Management of Illness and Return to School

The guidelines referenced in this plan are based on guidance from the Centers for Disease Control and Prevention (CDC), the Arkansas Department of Health (ADH), and Governor Hutchinson

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For COVID-19, a close contact is defined as any individual who was within 6 feet of an infected person **for a cumulative total of 15 minutes** starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated. Oct.23,, 2020 [www.cdc.gov](http://www.cdc.gov) > coronavirus > 2019-ncov

Example: A person is considered a close contact if they have been within 6 feet of the patient for at least 15 minutes.If a person is thought to be a close contact, then a contact tracer will give them a call. If the exposure wasn't within 6 feet, if the time together

didn't total 15 minutes or more, or if the contact occurred before the infectious period, that person would not be considered a close contact and will not receive a phone call or letter from a contact tracer.

## **Management of Confirmed COVID-19 Case for Student**

1. If a student is currently on campus, isolate him/her as quickly as possible until they can be picked up. Be sure that the person assisting the student is wearing the appropriate PPE (face mask and gloves).
2. Call the AR Dept. of Health Hotline Mon.-Fri., 8 a.m.-4:30 p.m. They will give directives of cleaning and possible closing of rooms, gyms, or even the entire school based on the individual circumstance and determined level of response. AR Dept. of Health will also do the tracing by the information that you give them.
3. Be prepared to provide ADH with a summary of student activities
  - probable list (and/or number) of close contacts at the school– those individuals who were within 6 feet of the student for 15 or more minutes for 24 hours
4. Call the Catholic Schools Office to inform them. If after hours, call Theresa, Ileana, or Marguerite.
5. **You must maintain confidentiality of the student.**
6. Contact the parents of the small group that the child is most closely associated preferably by phone without giving the name of the student.
7. Send out a letter to your school families informing them of the positive case without giving the name of the student.
8. Follow the recommendations of the AR Health Dept. and CDC for cleaning.

### Management of Confirmed COVID-19 Case for Staff Member

1. If a staff member is currently on campus, have them leave immediately.
2. Call the AR Dept. of Health Hotline Mon.-Fri., 8 a.m.-4:30 p.m. They will give directives of cleaning and possible closing of rooms, gyms, or even the entire school based on the individual circumstance.
3. Be prepared to provide ADH with a summary of staff activities
  - probable list (and/or number) of close contacts at the school– those individuals who were within 6 feet of the student for 15 or more cumulative minutes for 24 hours
4. Call the Catholic Schools Office to inform them. If after hours, call Theresa, Ileana, or Marguerite.
5. **You must maintain confidentiality of the staff member.**
6. Send out a letter to your school families informing them of the positive case without giving the name of the staff member.
7. Follow the directives of the AR Health Dept. and CDC for cleaning.

## **SUSPECTED EXPOSURE - Process for staff or student who has had close contact with someone who has tested positive for COVID-19 or is being tested for COVID-19**

\*Follow ADH Guidance with test outcome

*Close contact* is defined as face to face, within 6 feet, of cumulative contact for 15 or more minutes; starting from 2 days before symptoms occurred.

### **1. If student/staff are a close contact –**

- If initial contact receives a positive test - the safest measure to reduce spread within our school is for the student/staff to [quarantine](#) 14 days
  - There are other options to reduce quarantine time for those people identified as close contacts who are **asymptomatic** (have no symptoms of COVID)
    - quarantine can end after **10 days** without testing if no symptoms have occurred. Or,
    - quarantine can end after **7 days** if no symptoms have occurred **and** a test returned a negative result. Note that the test sample must have been collected at least 5 days after exposure. Send-off PCR tests are preferred, but rapid PCR or antigen tests are acceptable (once the confirmation of the rapid result is received)
- If close contact is living in the same household as a positive case - positive case should be isolated away from the student/staff; if isolation is not possible, then quarantine should begin for the close contact on the last day of contact with the positive case.
- If initial contact receives a negative test – student/staff may return to school/work if no symptoms of COVID are present

### **2. If no close contact identified but signs and symptoms are present**

- Negative Test – May return to work or school when free of fever and symptoms for at least 48 hours without the use of fever-reducing meds
- Positive Test – Follow instruction for Confirmed COVID-19 Case

### **3. If no signs and symptoms and no close contact**

- May return to work or school immediately

### **Presumed Positive (Notification of Someone Being Tested)**

- Anyone who has taken a COVID-19 test is presumed to be positive for COVID-19 until test results are received.
- Any rapid tests (even if negative at time of initial test) are assumed to be positive until confirmation of a negative test is received from the Arkansas Department of Health.

### **Returning from Travel**

1. Follow ADH/CDC updated guidelines – there are currently no restrictions on domestic or international travel

### **Management of Illness Symptoms Without Reason**

Students/Staff may return to school when they are free of fever and other symptoms (not related to a chronic condition) for at least 48 hours without the use of fever-reducing meds

### **Guidance for Students or Staff who Have Tested for COVID**

- If you take a test for COVID-19, you are not to return to campus until negative results are received; if you take a rapid test (and the initial results are negative) you are not to return to campus until the “sent off” rapid results are *confirmed* to be negative.
- Proof of negative results are required to allow return to campus.
- Virtual coursework and teaching are available during this waiting period if you are asymptomatic and feeling well

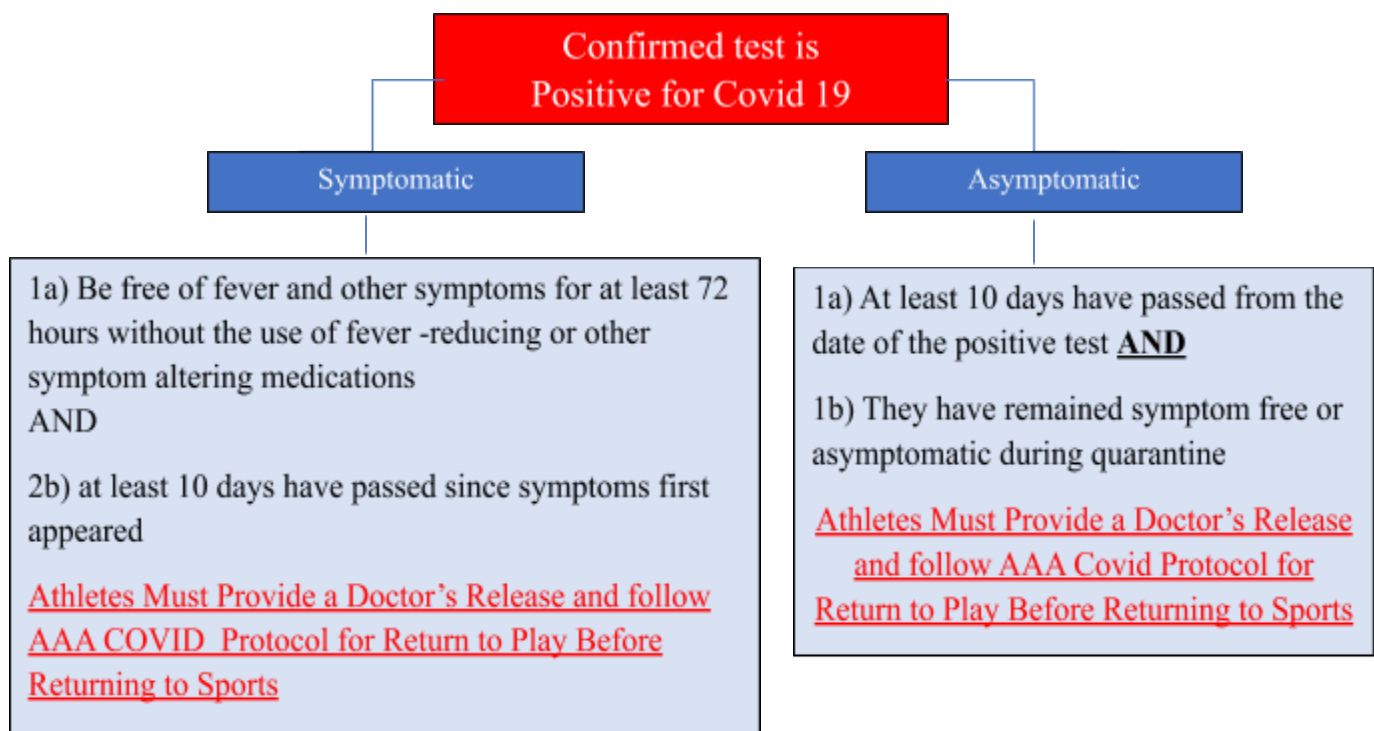
## Return to School Guidance for a Confirmed Positive Covid-19 Case

**If Symptomatic**, Student/Staff Member must provide a doctor's release as well as achieve 1 **or** 2 before returning to school:

- Be free of fever and other symptoms for at least 72 hours without the use of fever -reducing or other symptom altering medications **AND** at least 10 days have passed since symptoms first appeared

**If Asymptomatic**, Student/Staff Member must provide a doctor's release as well as achieve 1 **and** 2 before returning to school:

1. 10 days have passed from the date of the positive test **AND**
2. They have remained symptom free or asymptomatic during quarantine



**Return to School Guidance for Individuals With:**

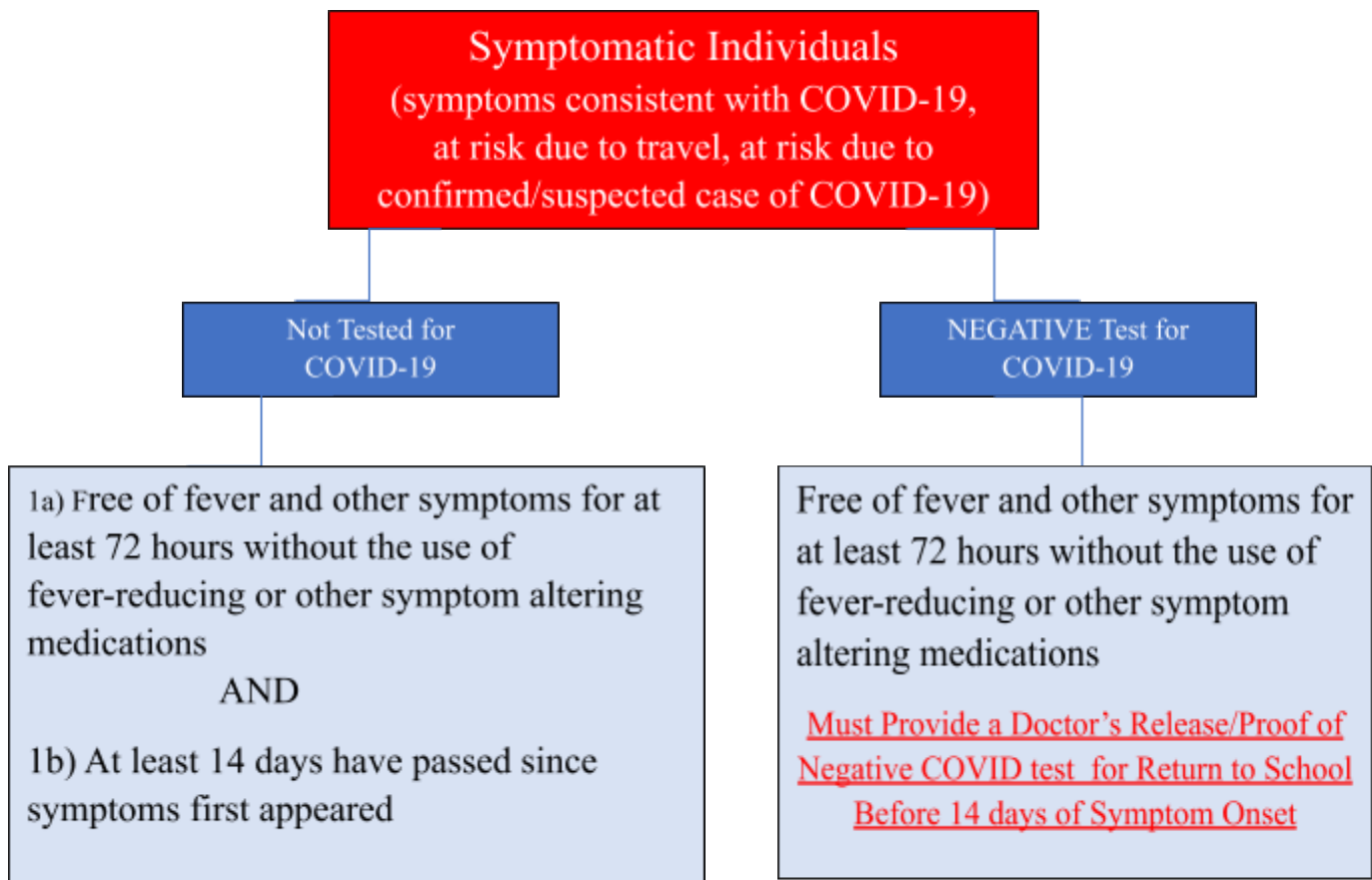
**1. Symptoms consistent with COVID -19**

**2. At Risk exposure Due to Travel** (If State of Arkansas directive is in place)

**3. At Risk Exposure to Confirmed/Suspected Covid-19 Case**

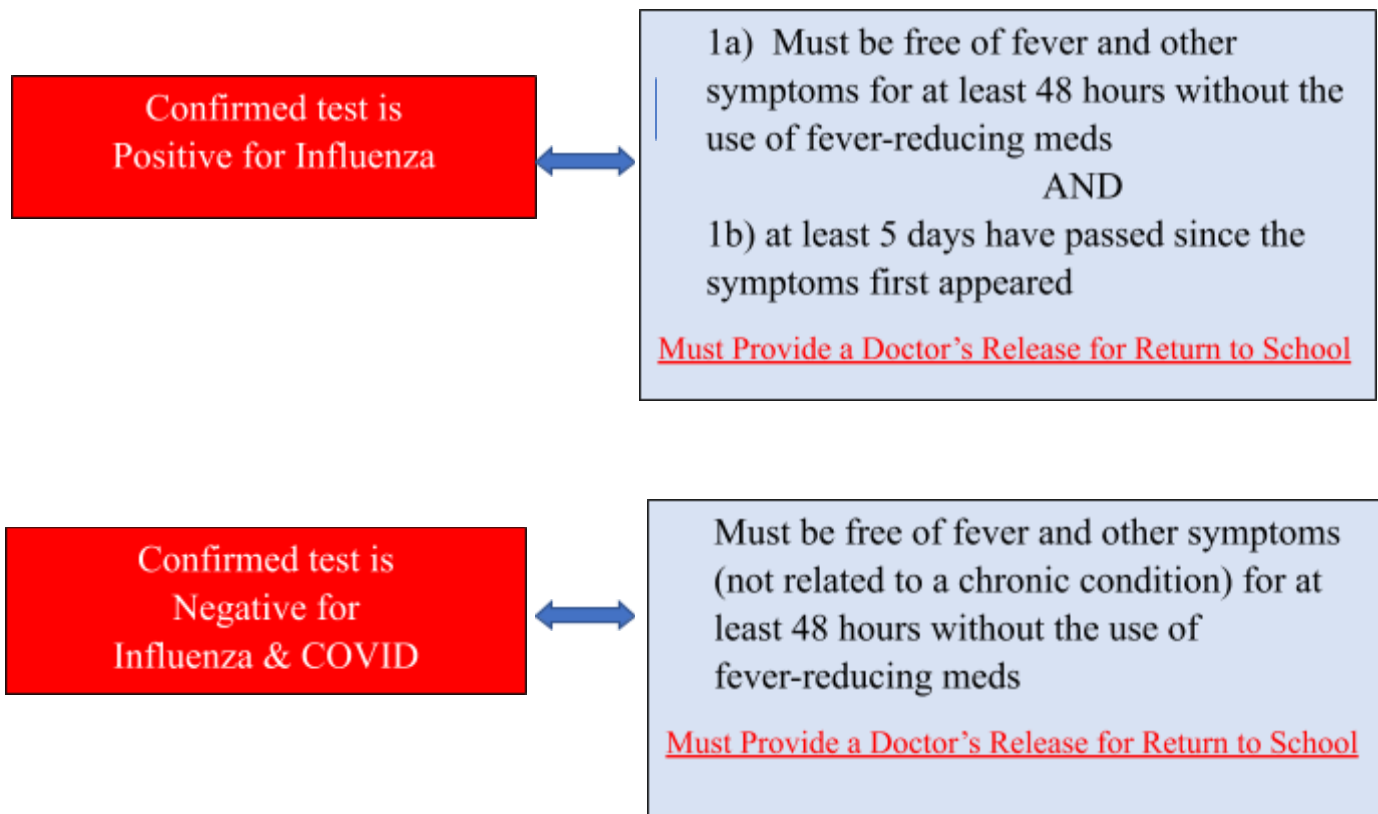
If NOT TESTED for COVID-19 the student/staff member must be free of fever and other symptoms for at least 72 hours without the use of fever-reducing or other symptom altering medications AND at least 14 days have passed since symptoms first appeared before returning to school.

If NEGATIVE Test for COVID-19 the student/staff member must be free of fever and other symptoms for at least 72 hours without the use of fever-reducing or other symptom altering medications before returning to school. A return to school release as proof of negative test is required.



## Return to School Guidance Confirmed Influenza Case for Student/Staff

1. Factors that might indicate a person is more likely ill with Influenza (as opposed to COVID 19):
  - If the community has high season influenza and low COVID transmissions
  - The individual did not undertake the current seasonal flu vaccine
  - The individual had close contact with a confirmed flu case
  - The individual had negative COVID test or has recovered after a 14-day period
2. Positive Influenza Test – Must be free of fever and other symptoms for at least 48 hours without the use of fever-reducing meds AND at least 5 days have passed since the symptoms first appeared
3. Negative Test for Flu and COVID - Must be free of fever and other symptoms (not related to a chronic condition) for at least 48 hours without the use of fever-reducing meds





## **CDC COVID-19 GUIDANCE FOR SELF HOME QUARANTINE**

### **WHAT IS QUARANTINE?**

Quarantine is an important way to stop the spread of COVID-19. It means staying home and away from others after you have been exposed to the virus that causes COVID-19.

If you are a close contact to a person with COVID-19, you need to quarantine for a period from the time of the exposure. Close contact, generally, means you were within 6 feet of the person for at least 15 minutes total while they were infectious. COVID-19 patients are considered infectious two days before their symptoms started, or two days before their positive test if they do not develop symptoms. All close contacts should get tested for COVID-19 at least five (5) days after the last exposure to the positive person.

If you are a close contact, you need to quarantine even if you don't feel sick and even if you have received a negative test.

### **LENGTH OF QUARANTINE**

The incubation period of the virus that causes COVID-19 is up to 14 days. Therefore, the safest quarantine period would last 14 days from the most recent exposure to the positive patient.

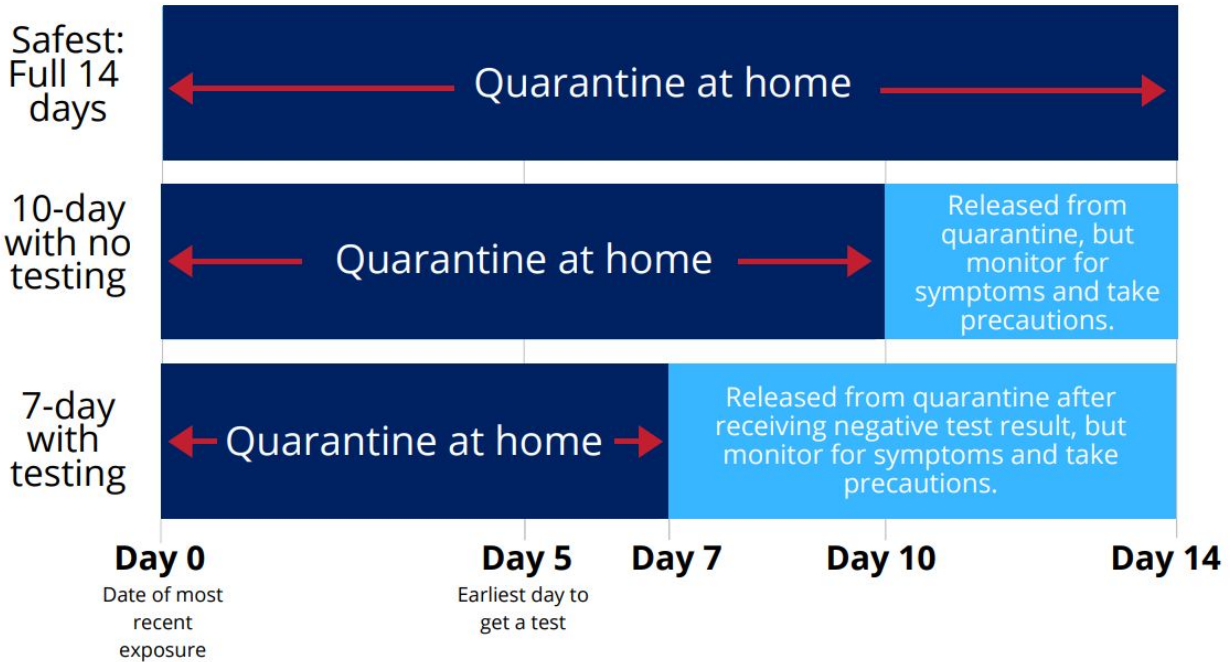
In accordance with new CDC guidelines, quarantine can end after 10 days without testing if no symptoms have occurred. Or, it can end after 7 days if no symptoms have occurred and a test returned a negative result. Note that the test sample must have been collected at least 5 days after exposure. Send-off PCR tests are preferred, but rapid PCR or antigen tests are acceptable.

If you are exposed again during quarantine, the period must start over again. If you develop symptoms or test positive for COVID-19 during the **quarantine period, you must follow the instructions for isolating yourself.**

## **RESTRICTIONS DURING QUARANTINE**

- Remain at home and avoid all public activities. This means do not go to work, church, school, stores (including grocery stores), nor any public events or places.
- Do not have visitors in your home.
- If you live in a home with other people, stay in a separate room. If that is not possible, wear a face mask when you are in the same room as others and stay at least 6 feet away from them (i.e. practice social distancing even in your home).
- Wash your hands and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, cups, forks, spoons, towels, etc.
- Do not leave your home except to get urgent or emergency medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.
- In the event of a medical emergency, call 911. Tell them that you are in home quarantine due to possible COVID-19 exposure. Keep a face mask on until a health care provider asks you to remove it. If you do not have a mask, use a folded kerchief or other similar device to cover your nose and mouth.
- Do not use any public transportation (buses, taxis, rideshare services, or airplane).
- Check yourself for fever twice a day. This means taking your temperature in the morning and before bed at night and writing down the reading each time. The ADH will need this information to determine when you are able to resume normal activities or if you need additional care.
- If you begin to have symptoms such as fever, cough, or trouble breathing, or if you otherwise feel sick, contact your healthcare provider.

## Quarantine for people with no symptoms



*\*If symptoms develop, isolate and get tested.*

### Calculating length of quarantine



**14-day:** If you were exposed at **noon on Dec. 1**, you can be released from quarantine at **noon on Dec. 15**.

**10-day:** If you were exposed at **2 p.m. on Dec. 3**, you can be released from quarantine at **2 p.m. on Dec. 13**.

**7-day with testing:** If you were exposed at **9 a.m. on Dec. 5**, you can get tested after **9 a.m. on Dec. 10**. If the test is negative, you can be released from quarantine at **9 a.m. on Dec. 12**.

### **Return to School Guidance for Student/Staff with Fever/Symptoms Without Diagnosis**

Any student or staff sent home by approved Sacred Heart Personnel shall be provided the following information at the time of recommendation:

Your child's temperature was 100 degrees or above today. To protect the health and safety of our students and staff as well as reduce the risk of exposure to possible illness, your child will not be allowed in school today. Students/staff with elevated temperatures may return to school when they are free of fever for at least 48 hours without the use of fever-reducing medications.

If your child would like to participate with online learning during this time, he/she should login to their Google Classroom for instruction. If unable to participate at this time, please review our make-up work policy in the Student Handbook.

We hope you are feeling better very soon and look forward to seeing you back on campus in a few days.

Sacred Heart Administrative Staff

Your child is exhibiting symptoms affecting his/her learning ability today. To protect the health and safety of our students/staff and reduce the risk of exposure to possible illness, your child is being sent home today. Students/staff with elevated temperatures or symptoms may return to school when they are free of fever and other symptoms (not related to chronic conditions) for at least 48 hours and without the use of fever-reducing medications.

If your child would like to participate with online learning during this time, he/she should login to their Google Classroom for instruction. If unable to participate at this time, please review our make-up work policy in the Student Handbook.

We hope you are feeling better very soon and look forward to seeing you back on campus in a few days.

Sacred Heart Administrative Staff