



WHAT IF?

During the COVID-19 pandemic, it is possible one of our campuses will have either an exposure to a confirmed case of Covid or a positive test within the community. The Spring Hill School will follow the CDC and Sonoma County Health Department's guidelines for quarantining, isolation, and communication.

SCENARIO

What if my child, a member of our household, or faculty member is sick, but has **NO** known or suspected exposure to COVID-19?

SYMPTOMS OF COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

WHAT DO WE DO?

If your child has symptoms that are new or different from a usual illness (e.g., asthma) or are unexplained, or if your child is sent home ill from school, they will need to stay home until one of the following protocols have been completed.

If your child has new symptoms that are not from a chronic or known source, keep them home!

- Call the school and report the illness, noting the first day of symptoms.
- Call the doctor to seek medical advice.
- Quarantine your family until the doctor has given you clearance.
- Siblings must also stay home due to exposure and may return, if well, when the sick child is cleared to return to school.

Unsure of a symptom? Focus on whether the symptom is NEW, DIFFERENT from your child's usual illness.

If symptoms are UNEXPLAINED. Trust your intuition.

Here is an example:

The child has asthma. They often cough with exercise or allergies. They have their usual cough. NO, this is not new or different.

Their cough is worse than usual or sounds different than usual. YES, the child should stay home and seek medical clearance to return to school.

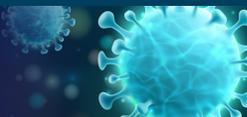
HOW DO WE RETURN TO SCHOOL?

1. **Doctor's Note:** A parent has a note from a doctor or clinic saying that the child is cleared to return to school. The note may be an email, electronic message or part of an after-visit summary. The child must have been seen by the doctor and the visit (virtual or in-person) must be referenced in the note.

Sometimes a child's symptoms are clearly due to another cause, such as strep throat or hand-foot-and-mouth disease. In this situation, the provider may clear a child to return to school.

2. **A COVID Test:** If the child gets tested, they can return after:
- A negative COVID test **and**
 - 24 hours with no fever, without taking medicines to lower a fever **and**
 - 24 hours since symptoms have improved. The symptoms do not have to be completely better.
 - The parent or guardian must show documentation of the child's negative test, for example, a copy of the test result or a message from the clinic or test site that the test was negative. This may be in electronic form. A separate doctor's note is not needed.

3. **No COVID Test:** (and does not see a doctor) they can return after:
- 10 days have passed since symptoms first appeared **and**
 - 24 hours since symptoms improved **and**
 - 24 hours with no fever, without taking medicines to lower a fever
 - A note from the clinic or doctor's note is not needed.



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<p>What if my child or faculty member tests POSITIVE for COVID-19?</p>	<ol style="list-style-type: none"> 1. Notify the school immediately and note any available information regarding exposure, dates, and symptoms. 2. Notify the county public health department. 3. You/your child must isolate. The certified contact tracer from TSHS will support you for access to resources and provide additional material guiding your next steps. 4. The county public health department will recommend your household be tested and isolate. 5. The school will notify families and begin contact tracing. 	<ol style="list-style-type: none"> 1. Students/faculty with a positive test result must isolate for 10 days from symptom onset or test date. AND 2. Must be 24 hours since symptoms improved and 24 hours with no fever, without taking medicines to lower a fever, like acetaminophen (Tylenol) or ibuprofen (Advil or Motrin). AND 3. Students/faculty must have a negative test result to return.
<p>What if a member of our household tests positive for COVID-19?</p>	<ol style="list-style-type: none"> 1. Notify the school immediately and note any available information regarding exposure, dates, and symptoms. 2. Notify the county public health department 3. Your child must quarantine for 14 days from the date of exposure. 4. If your child is tested for COVID-19 (highly recommended) please notify the TSHS office immediately upon receiving test results. If positive, the school will notify families and begin contact tracing immediately. 	<ol style="list-style-type: none"> 1. The potentially exposed student or faculty member will quarantine for 14 days at home and notify the school should symptoms develop. 2. Testing is highly recommended and encouraged by the county to help address possible spread. 3. Testing does not impact the return to school. A child/faculty member does not need a negative test result to return to school, providing they have not developed symptoms and have quarantined for 14 days.
<p>What if my child, a member of my household, or a faculty member is considered a close contact to someone who has tested positive for COVID-19?</p>	<ol style="list-style-type: none"> 1. Notify the school immediately and note any available information regarding exposure, dates, and symptoms. 2. You/your child must quarantine for 14 days from the date of exposure. 3. The school will notify families following all HIPAA and FERPA laws. 	<ol style="list-style-type: none"> 1. The potentially exposed student or faculty member will quarantine for 14 days at home and notify the school should symptoms develop. 2. Testing is highly recommended and encouraged by the county to help address possible spread. 3. Testing does not impact the return to school. A child/faculty member does not need a negative test result to return to school, providing they have not developed symptoms and have quarantined for 14 days.



WHAT IF WE TRAVEL?

SCENARIO	WHAT DO WE DO?	HOW DO WE RETURN TO SCHOOL?
<p>What if my child, a member of our family or a faculty member travels?</p>	<p>The State Health Department has provided clear guidelines for holiday gatherings- no more than three households, outside gatherings only, masks when not eating, and for no more than two hours.</p> <p>Notify the school of any planned travel.</p> <p>If your child/faculty member:</p> <ul style="list-style-type: none"> travels by public transportation (including air), travels to a purple zone outside of Sonoma County (or highest level rating for that state), attends a holiday gathering with more than three households, attends a gathering where people do not wear masks or abide by the Parent Safe Behavior Agreement <p>THEN: Follow the "How to Return" guidelines.</p>	<p>Your child/faculty member will need to:</p> <ul style="list-style-type: none"> Quarantine for a full 10 days following the final day of travel. Testing does not reduce quarantine time. Elementary and Middle School students will participate in Distance Learning. Preschool children do not have online options available. <p><i>Note- all protocol is the same if any family member travels.</i></p>

Safe Behavior Family Agreement

As a reminder, we include here the Safe Behavior Family Agreement.

COVID-19 Safe Behavior Agreement

I agree to:

- Practice social distancing, wear face masks, and stay in the habit of frequent hand washing when outside of school.
- Get tested if I or a member of my family experiences symptoms of COVID-19 or if I believe I or a family member has been exposed to the virus.
- Self-quarantine if I have been in contact with someone who has or is likely to have the virus.
- Avoid unnecessary travel and self-quarantine if this travel cannot be avoided.
- Avoid large group gatherings and crowds where physical distancing and face covering protocols are being disregarded.
- Observe routine medical practices, including annual check-ups and flu vaccines.
- Communicate with the school if I/my family travel/s**, have come in contact with anyone testing positive, or if you or a family member has tested positive.
- Pick up my child as quickly as possible should he/she show any symptoms of COVID-19.

Alert school administration of:

- Any symptoms of illness that my Spring Hill student or family member has
- Any potential exposure my family may have had to COVID-19
- Any suspected or confirmed COVID-19 in my immediate family and household