



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 DO WE DO?

HOW DO WE RETURN TO SCHOOL?

What if my child 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

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 child until: doctor gives you clearance OR you've obtained a negative COVID **PCR test**.*
- Siblings may continue attending school unless they develop symptoms or the ill sibling receives a positive COVID test.

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.

*Antigen and at-home testing is no longer accepted as proof of a negative COVID test.

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.

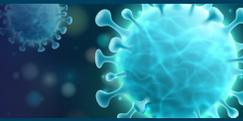
OR

A COVID Test: If the child gets tested, they can return after:

- A negative COVID **PCR test AND**
- 24 hours with no fever, without taking medicines to lower a fever **AND**
- 24 hours since symptoms have improved, including 24 hours with no vomiting or diarrhea. 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.

If 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, including 24 hours with no vomiting or diarrhea.
- A note from a doctor is not needed.



WHAT IF?

SCENARIO	WHAT DO WE DO?	HOW DO WE RETURN TO SCHOOL?
<p>What if a member of our household is sick, but has NO known or suspected exposure to COVID-19?</p>	<ol style="list-style-type: none">1. Notify the school that a household member is ill.2. Carefully monitor your child for symptoms of illness for up to 14 days.3. Immediately report to the school any symptoms of illness exhibited by your child. <p>THEN: Follow the "How to Return" guidelines.</p>	<p>Students need not quarantine and may attend school unless the student exhibits symptoms of illness or the household member tests positive for COVID-19.</p> <p>In either of these cases, please follow protocols for those scenarios.</p>
<p>What if my child 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 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. <p>THEN: Follow the "How to Return" guidelines.</p>	<p>Students with a positive test result must isolate for 14 days from symptom onset or test date (day 1 is the day after test result or symptom onset),</p> <p>May return to school after:</p> <ul style="list-style-type: none">• Isolation period (above) is completed AND• Symptoms have improved AND• Fever-free for at least 24 hours without using medication (such as Tylenol or Motrin/Advil), including 24 hours with no vomiting or diarrhea.



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<p>What if a member of our household tests positive for COVID-19?</p>	<ol style="list-style-type: none"> 1. Please notify The Spring Hill School office immediately upon receiving test results and note any available information regarding exposure, dates, and symptoms. 2. Notify the county public health department. 3. Monitor your child's symptoms for 14 days from the date of exposure. <p>THEN: Follow the "How to Return" guidelines</p>	<p>The household member who tested positive should isolate from others in the household as much as possible.</p> <p>Fully vaccinated students:</p> <ul style="list-style-type: none"> • No quarantine required. May continue attending school if no symptoms. • Monitor for symptoms for 14 days after last exposure. • PCR test 5-7 days after last exposure or ASAP if symptoms develop. <p>Unvaccinated students:</p> <ul style="list-style-type: none"> • Quarantine at home for up to 10 days. • If the student remains asymptomatic: <ul style="list-style-type: none"> ◦ if negative PCR test on/after Day 5, may discontinue quarantine and return to school after day 7. ◦ With no testing, may discontinue quarantine after Day 10 and return to school. ◦ Continue to monitor for symptoms through Day 14. <ul style="list-style-type: none"> ▪ If symptoms develop, begin home isolation ASAP and get tested. <p>*Day 1 is the day after test result or symptom onset.</p>
<p>What if my child, is considered a close contact of someone outside of school who has tested positive for COVID-19?</p> <p>* Close contact is defined as being within 6 feet or less for more than 15 minutes of exposure over 24 hours.</p>	<ol style="list-style-type: none"> 1. Please notify The Spring Hill School office immediately upon receiving test results and note any available information regarding exposure, dates, and symptoms. 2. Monitor your child's symptoms for 14 days from the date of exposure. <p>THEN: Follow the "How to Return" guidelines</p>	<p>Fully vaccinated students:</p> <ul style="list-style-type: none"> • No quarantine required. May continue attending school if no symptoms. • Monitor for symptoms for 14 days after the last exposure. • PCR test 3-5 days after last exposure if asymptomatic or ASAP if symptoms develop. <p>Unvaccinated students:</p> <ul style="list-style-type: none"> • Quarantine at home for up to 10 days. • If the student remains asymptomatic: <ul style="list-style-type: none"> ◦ if negative PCR test on/after Day 5, may discontinue quarantine after day 7. ◦ With no testing, may discontinue quarantine after Day 10. ◦ Monitor for symptoms thru Day 14. <ul style="list-style-type: none"> ▪ If symptoms develop, begin home isolation ASAP and get tested. <p>*Day 1 is the day after test result or symptom onset.</p>



WHAT IF?

SCENARIO

WHAT DO WE DO?

HOW DO WE RETURN TO SCHOOL?

What if my child is considered a close contact of another Spring Hill student at school who has tested positive for COVID-19?

* Close contact is defined as being within 6 feet or less for more than 15 minutes of exposure over 24 hours.

1. Modified Quarantine is an option that allows the close contact at school to continue attending school: If two Spring Hill students (one who tested positive and one who is the close contact) were wearing masks, the exposed close contact may continue attending school with conditions defined. See "How to Return".
2. The school will notify families, following all HIPAA and FERPA laws.

IMPORTANT: Modified quarantine return to school only applies when close contact occurs at Spring Hill between two Spring Hill students.

THEN: Follow the "How to Return" guidelines.

Modified Quarantine applies:

When close contact occurs at school between two Spring Hill students, the exposed student may attend school under Modified Quarantine. The exposed student may attend school under Modified Quarantine if:

- both students are Spring Hill students and the exposure occurred at Spring Hill, **AND**
- both the close contact student and the student who tested positive were masked, **AND**
- the student who is a close contact is asymptomatic, **AND**
- the student who is a close contact is tested 2x/week* during the 10-day quarantine, **AND**
- the close contact student must quarantine for all extracurricular activities, e.g., sports, community activities - no extracurricular activities are allowed for Modified Quarantine.

If all conditions above are not met or if close contact/exposed student develops symptoms, then close contact must follow at-home quarantine protocols.

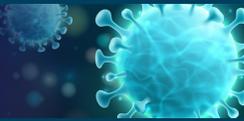
Note: Avellino Lab PCR self-test kits are available at the administrative office for families who would like to use these. At-home testing is not acceptable.

What if a member of my household is considered a close contact to someone who has tested positive for COVID-19?

1. Notify the school immediately and note any available information regarding exposure, dates, and symptoms.
2. Carefully monitor your child for symptoms of illness for 14 days.
3. Immediately report to the school any symptoms of illness.

THEN: Follow the "How to Return" guidelines.

- The student need not quarantine unless they are the close contact or the close contact tests positive for COVID-19.
- It is recommended that the exposed household member separate from others in the home as much as possible.
- If the exposed household member tests positive for COVID-19, the student should not return to school until completing at-home quarantine.



TYPES OF QUARANTINE

AT-HOME QUARANTINE

For close contact by a person who is not fully vaccinated, quarantine at home for 7-10 days.

If they remain asymptomatic:

- May discontinue quarantine after Day 7, **if tested negative on/after Day 5**
- May discontinue quarantine after Day 10, if declined testing on/after Day 5

Monitor for symptoms through Day 14

- If symptoms develop, they should begin home isolation ASAP and get tested.

Important: At home quarantine of a student who tests positive for Covid-19 test is 14 days before returning to school.

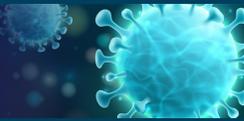
***Note:** Day 1 is the day after test result or symptom onset.

MODIFIED QUARANTINE FOR K-8 STUDENTS

- Must quarantine from extracurricular activities for 7-10 days, including sports and all other community activities.
- They may **continue returning to school for in-person instruction** if:
 - They remain asymptomatic
 - They test 2x (PCR) during 10-day period
 - They continue to appropriately mask and use proper hand hygiene
- **If symptoms develop**, they should begin home isolation ASAP and get tested.

***Note:** Day 1 is the day after test result or symptom onset.

Avellino Lab PCR self-test kits are available at the administrative office for families who would like to use these.



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