

Health, Wellness, and Attendance Guidance for 2020-2021 Resourced from CDC, TEA, Harris County Health Department

This guidance document is being provided based on the public health situation as we understand it today. Changes to the pandemic situation may necessitate changes to this guidance. This guidance addresses on campus instruction, administrative activities by teachers, staff, or students that occur on campus, in extracurricular activities, and any other activities in which teachers, staff, or students engage.

The prevention and mitigation practices outlined in this document are designed to significantly reduce the likelihood that a coronavirus outbreak occurs on campus. Consistently implementing recommendations to the extent feasible is the best way to reduce the potential negative impact of infection on students' educational experiences. Additionally, we stringently apply these practices to adults on campus, even when it might not be feasible to do so for students, to more fully protect adult teachers and staff who are generally at greater risk from COVID-19 than students. There will almost certainly be situations that necessitate temporary school closure due to positive COVID-19 cases in the school. We are prepared for this in the event that it occurs, while actively working to prevent it through prevention and mitigation practices.

PREVENT

Required Practices to prevent the virus from entering the school.

1. Teachers and staff must self-screen for COVID-19 symptoms before coming onto campus each day. Symptoms are listed on page 4. The self-screening includes teachers and staff taking their own temperature. Teachers and staff must report to the head of school if they themselves have COVID-19 symptoms or are test-confirmed with COVID-19, and, if so, they must remain off campus until they meet the criteria for re-entry as noted below. Additionally, they must report to the head of school if they have had close contact with an individual who is test-confirmed with COVID-19, as defined on page 4, and, if so, must remain off campus until the 14-day incubation period has passed.
2. Parents must not send a child to school if the child has COVID-19 symptoms (as listed in this document) or is test-confirmed with COVID-19 until the below conditions for re-entry are met. Parents must not send a child to school on if their child has had close contact with an individual who is test-confirmed with COVID-19 until the 14-day incubation period has passed. We will screen students for COVID-19 as well, by taking their temperature outside the classroom upon arrival. The health screening questions will also be asked of a student's parent if that parent is dropping off or picking up their child from the school.
3. After traveling out of the state of Texas, your child may return to school after 14 days of quarantine and a report showing a negative **PCR Test for active virus**. The Antigen Test and Antibody (serology) Test will not be accepted.
4. Health Survey: see page 2.
5. Visitors and volunteers are not allowed on campus.

COVID-19 HEALTH SURVEY

Individuals with COVID-19 signs and symptoms will be excluded from attending.

NAME _____

What is your current temperature? _____

In the past 14 days have you traveled to, resided in, or had contact with any of the following?
If so, you will be admitted after you have self-quarantined for 14 days.

- international travel
- domestic travel
- nursing home
- meat packing plant
- prison location
- none of the above

Have you had known contact with a person who has tested positive for COVID-19?

- YES
- NO

Do you have any of the following signs and/or symptoms? Please check all that apply.

- | | |
|--|---|
| <input type="checkbox"/> fever | <input type="checkbox"/> vomiting |
| <input type="checkbox"/> cough, congestion, runny nose | <input type="checkbox"/> abdominal symptoms |
| <input type="checkbox"/> shortness of breath or difficulty breathing | <input type="checkbox"/> diarrhea |
| <input type="checkbox"/> chest tightness or pain | <input type="checkbox"/> new skin conditions |
| <input type="checkbox"/> wheezing | <input type="checkbox"/> new loss of taste or smell |
| <input type="checkbox"/> chills | <input type="checkbox"/> fatigue |
| <input type="checkbox"/> repeated shaking with chills | <input type="checkbox"/> headache |
| <input type="checkbox"/> muscle pain | <input type="checkbox"/> neck pain |
| <input type="checkbox"/> sore throat | <input type="checkbox"/> none of the above |

Any other additional signs and/or symptoms? _____

Signature: _____

Date: _____

MITIGATE

Practices to Reduce the Spread of COVID-19 Inside the School.

Health and Hygiene Practices:

Masks: Required for students in grades one through twelve.

For the purposes of this document, masks include non-medical and medical grade disposable face masks and cloth face coverings (over the nose and mouth). Face shields are allowed and are not substitutes for masks.

It may be impractical for students to wear masks while participating in some activities. We may, for example, allow students who are actively exercising to remove masks, as long as they maintain at least six feet of distance from other students, teachers, and staff who are not wearing masks. However, we will require students, teachers, and staff to wear masks as they arrange themselves in positions that will not allow them to maintain safe distancing.

Student-Teacher Groupings

Students will be organized in cohorts; that is, same students and same teachers in the group every day. In classroom spaces, we will arrange student desks a minimum of six feet apart. Where feasible, we will require students to practice social distancing.

Use of Non-Classroom Spaces

When feasible and appropriate, play time and physical education classes will be held outside in cohort groupings, rather than inside, except in the case of rain.

Handwashing and Disinfection

We will have hand sanitizer at each entrance. We will provide hand sanitizer and/or hand washing stations with soap and water in every classroom.

Students, teachers, and staff, will be encouraged to sanitize and/or wash hands frequently.

Students will engage in supervised handwashing for at least 20 seconds at least two times each day, and will be required to wash hands after using the restroom and before and after eating.

Students, teachers, and staff, will be encouraged to cover coughs and sneezes with a tissue, and if not available, covered in their elbows. Used tissues will be thrown in the trash, hands will be washed immediately with soap and water for at least 20 seconds, or hand sanitizer will be used.

We will institute frequent cleaning practices, including additional cleaning by janitorial staff, of surfaces that are touched in common throughout the day. This includes objects such as door handles, light switches, common tables/desks, and other high touch surfaces. The CDC has provided guidance on cleaning community buildings to prevent COVID-19 spread.

We will ensure the disinfection products are stored safely, including storing where students cannot access them, and ensuring that harmful cleaning products are not used near students.

On the first day a student attends school on campus, we will provide instruction to students on appropriate hygiene practices and other mitigation practices adopted in the school.

RESPOND

Practices to respond to a test-confirmed case in the school.

COVID-19 Symptoms

In evaluating whether an individual has symptoms consistent with COVID-19, we will consider the following question: Have they recently begun experiencing any of the following in a way that is not normal for them?

- Feeling feverish or a measured temperature greater than or equal to 99.0 degrees F
- Cough, congestion, runny nose
- Difficulty breathing or Shortness of breath
- Headache
- Chills
- Sore throat
- Fatigue
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea, nausea or vomiting
- Loss of taste or smell

To Determine Exposure - Consider Level of Close Contact

The definition of close contact is evolving with our understanding of COVID-19, and individual scenarios should be determined by an appropriate public health agency. In general, close contact is defined as:

- a. being directly exposed to infectious secretions (e.g., being coughed on; shared eating or drinking utensils; had direct physical contact with the person, e.g. hugged or kissed them, etc.)
- b. being within 6 feet for a largely uninterrupted or sustained extended contact period throughout the course of a day of approximately 15 minutes. In addition, factors like case and contact masking (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, and case symptomology may affect this determination.

Either (a) or (b) defines close contact if it occurred during the **infectious period** of the case, **defined as two days prior to symptom onset to 10 days after symptom onset.**

In the case of **asymptomatic individuals who are test-confirmed with COVID-19**, the **infectious period** is defined as **two days prior to the confirming lab test and continuing for 10 days following the confirming lab test.**

Identifying Possible COVID-19 Cases on Campus

Students who report feeling feverish will be given an immediate temperature check to determine if they are symptomatic for COVID-19

We will immediately separate any student who shows COVID-19 symptoms while at school until the student can be picked up by a parent or guardian.

We will clean the areas used by the individual who shows COVID-19 symptoms while at school (student, teacher, or staff) as soon as is feasible.

We will close off areas that are heavily used by the individual with the test-confirmed case (student, teacher, or staff) until the non-porous surfaces in those areas can be disinfected, unless more than 7 days have already passed since that person was on campus.

Consistent with school notification requirements for other communicable diseases, and consistent with legal confidentiality requirements, we will notify all teachers, staff, and families of all students if a test confirmed COVID-19 case is identified among students, teachers or staff who participate in that class.

If an individual who has been in school is test-confirmed to have COVID-19, the school will notify the local health department, in accordance with applicable federal, state and local laws and regulations, including confidentiality requirements of the Americans with Disabilities Act (ADA) and Family Educational Rights and Privacy Act (FERPA).

Quarantine: Individuals Confirmed or Suspected with COVID-19

Any individuals who **themselves** either: (a) are **test-confirmed** to have COVID-19; or (b) **experience** the symptoms of COVID-19 (listed above) must stay at home throughout the infection period, and cannot return to campus until the school screens the individual to determine if the conditions for campus re-entry listed below have been met:

In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all four of the following criteria are met:

- i. at least one day (24 hours) has passed since recovery (resolution of fever without the use of fever-reducing medications);
 - ii. the individual has improvement in symptoms (e.g., cough, shortness of breath); and
 - iii. at least fourteen days have passed since symptoms first appeared.
 - iv. a PCR test that is negative for active COVID-19 virus.
- In the case of an individual that is asymptomatic but has received a positive COVID-19 test result, use quarantine as above.
 - In the case of an individual who **has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19**, such individual is assumed to have COVID-19, and the individual may not return to the campus until the individual has completed the criteria listed above.

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	Symptoms		Household Exposure	Student Travels Out of State
	<p>Keep student home if ANY of the following symptoms are present and are not typical for the student: Fever of 99.0 or higher, cough, congestion/runny nose, shortness of breath or difficulty breathing, chest tightness or chest pain, wheezing, chills, muscle pain, sore throat, vomiting, abdominal symptoms, diarrhea, new skin conditions, new loss of taste or smell, fatigue, headache, neck pain</p> <p>Students will be denied entry or sent home if symptoms develop at school</p>		<p>If any person living in the household with the student is asked to quarantine, then the student also needs to quarantine</p>	
	If Test Confirmed COVID-19 Positive OR Medical Provider Determined Positive	Symptoms Present AND Non-COVID Diagnosis from a Doctor		
RETURN TO SCHOOL WHEN:	<p>All four criteria have been met:</p> <ol style="list-style-type: none"> 1. At least 24 hours fever free without fever-reducing medication 2. Symptom free 3. At least 14 days have passed since symptoms first appeared 4. COVID-19 Negative PCR test 	<p>All three criteria have been met:</p> <ol style="list-style-type: none"> 1. At least 24 hours fever free without fever-reducing medication 2. At least 24 hours symptom free 3. Note from Doctor or Medical Provider 	<p>After 14 day quarantine AND a COVID-19 Negative PCR Test</p>	<p>After 14 day quarantine AND a COVID-19 Negative PCR Test</p>

Criteria may change as science around COVID-19 evolves

11/4/2020

From CDC Publication: “When to Quarantine”, September 10, 2020 When to start and end quarantine

You should stay home for 14 days after your last contact with a person who has COVID-19. See scenarios below to determine when you can end quarantine and be around others.

For all of the following scenarios, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

Scenario 1: Close contact with someone who has COVID-19—will not have further close contact

I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

Your last day of quarantine is 14 days from the date you had close contact.



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 2: Close contact with someone who has COVID-19—live with the person but can avoid further close contact

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

Date person with COVID-19 began home isolation + 14 days = end of quarantine

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine



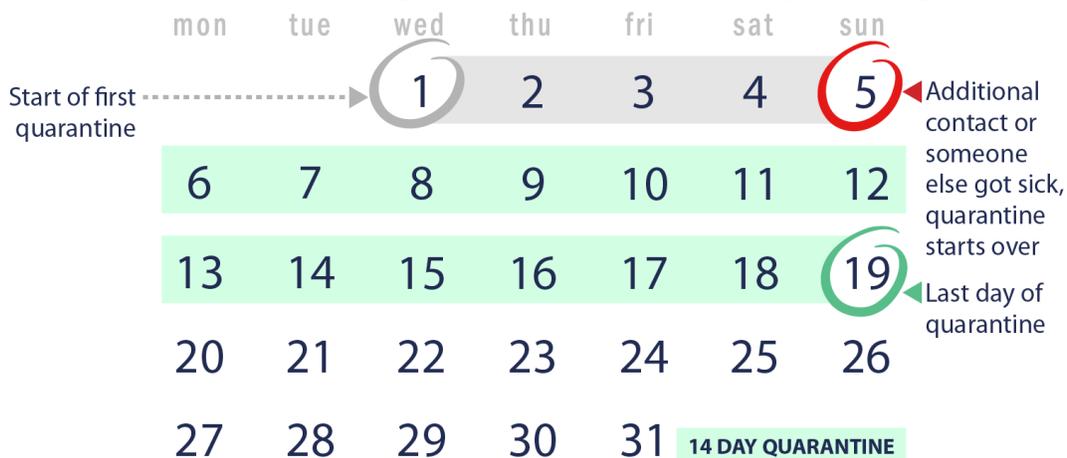
Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 3. Under quarantine and had additional close contact with someone who has COVID-19

I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

Date of additional close contact with person who has COVID-19 + 14 days = end of quarantine



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Scenario 4: Live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

You should avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the [criteria to end home isolation](#).

Date the person with COVID-19 ends home isolation + 14 days = end of quarantine



Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.