

# St. Peter Academy COVID GUIDELINES.

## Updated 1/3/22

Please note, policies and procedures are rapidly changing. You will be updated as things change. This applies to **ALL SPA STAFF and STUDENTS**.

**CDC has not yet applied the recently revised isolation and quarantine timeframes for the general population to K-12 schools. Therefore, until CDC updates school specific guidance, we will continue to follow conventional isolation and quarantine timeframes (10-day isolation/exclusion; 7 or 10-day quarantine/exclusion with and without negative testing). Watch for future updates.**

### Testing Update

**Due to the demand of testing and the length of time to receive test results, we will be accepting rapid *Covid tests from a doctor's office*. *At-home rapid tests will NOT be accepted.***

### COVID EXPOSURE

For anyone who is **unvaccinated** and has direct contact with a COVID positive person, they will be asked to quarantine for 10 days and need a covid test prior to return to school. If the child develops symptoms during the quarantine period, they need to be retested. If a child tests positive during their quarantine period, their quarantine restarts from date of test. COVID positive students do not need to retest prior to coming back to school as they may test positive for 90 days after infection. They do, however, need a doctor's clearance stating they are symptom free. Any exposure or positive case needs to be reported to the school nurse or the principal. After the school is notified, someone will be in touch with you for follow-up questions and procedures to follow.

For anyone who was exposed but does not live with the direct contact, can shorten quarantine for a full 7 days with a Covid test at day 5.

For anyone who is **fully vaccinated** and exposed to a COVID positive person, they do not need to quarantine unless they develop symptoms. They do, however, need to get tested 5-7 days after their last known exposure—even if they don't have symptoms and they need to monitor symptoms for 14 days.

Children who are **fully vaccinated**, will be able to come in to school for in-person instruction. The **unvaccinated** children will be on remote. Remote instruction is only provided for positive COVID cases within your child's class. All children, regardless of vaccination status, have to test at day 5. Unvaccinated children will have to finish the 7-day quarantine to return to school on the 8<sup>th</sup> day with a negative COVID test.

### Sick

### **Students should stay home when sick.**

Parents/caregivers are strongly encouraged to monitor their children for signs of illness every day as they are the front line for assessing illness in their children. After 3 days of being absent, your child will need a doctor's note to return to school.

Parents should not send students to school when sick. For school settings, NJDOH recommends that students with the following symptoms be promptly isolated from others and excluded from school:

At least two of the following symptoms: fever (measure or subjective), chills, rigors (shivers), myalgia (muscle aches), headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion or runny nose.

OR

At least one of the following symptoms: cough, shortness of breath, difficulty breathing, new olfactory disorder, new taste disorder.

Quarantine for Covid positive or Covid suspected students is 10 days minimum as the child need to be fever free 24 hours and symptom free to return to school.

**Regardless of vaccination status, if a student or staff experiences COVID-compatible symptoms, they should isolate themselves from others, be clinically evaluated for COVID-19 and tested for COVID.**

**The new COVID variant is presenting as cold-like symptoms. If your child has any symptoms, please have them tested and do not send them to school sick. This will mitigate the spread of the new variant.**

### **Travel**

**As of December 21, 2021 -**

Currently, the CDC recommends delaying travel until you are fully vaccinated.

According to the CDC, **unvaccinated** individuals who do travel should get tested 1-3 days before their trip, 3-5 days after travel, and stay home and self-quarantine for 7 days after domestic travel. If you do not test after travel, 10-day quarantine is required.

For those traveling to New Jersey, domestic travel is defined as lasting 24 hours or longer to states or US territories other than those connected to New Jersey, such as Pennsylvania, New York, and Delaware.

People who are **fully vaccinated** with an FDA-authorized vaccine or a vaccine authorized for emergency use by the World Health Organization, can travel safely within the United States. You do NOT need to get tested or self-quarantine if you are fully vaccinated or have recovered from COVID-19 in the past 3 months. You should still follow all other travel recommendations.

**If you are not fully vaccinated and must travel, take the following steps to protect yourself and others from COVID-19:**

After you travel, get tested with a PCR test 3-5 days after travel **AND** stay home and self-quarantine for a full 7 days after travel. Even if you test negative, stay home and self-quarantine for the full 7 days. If your test is positive, isolate yourself to protect others from getting infected. If you don't get tested, stay home and self-quarantine for 10 days after travel. Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not. Self-monitor for COVID-19 symptoms. Isolate and get tested if you develop symptoms.

## **MASKS**

To save lives and stop the spread of COVID-19, you should wear a mask, social distance, wash your hands, and stay home if you are sick.

COVID-19 remains a threat, particularly at indoor gatherings with unvaccinated individuals which is the school setting.

Masks are always required when in the building unless eating or receiving specific medical attention. When eating, children are not to turn around and talk with each other as they are unmasked and more likely to spread the virus. Classes with an increased class size will have or have dividers.

Fortunately, at SPA we have air conditioners, fans and windows in every room which makes mask wearing much more comfortable and we will not have issues of extreme heat; therefore, mask breaks are during recess and lunch as well as outside if needed. Mask breaks are allowed outside but the children must maintain 6 feet from the other children when their mask is off.

As per NJ guidelines, masks can be removed when the student is exposed to extreme heat indoors, when the individual is under two years of age, when the student is engaged in activity that cannot physically be performed while wearing a mask, such as eating or drinking, or playing a musical instrument that would be obstructed by a face mask, when the individual is engaged in high-intensity aerobic or anaerobic activity, when a student is participating in high-intensity physical activities during a physical education class in a **well-ventilated** location and able to maintain a physical distance of six feet from all other individuals.

The most effective fabrics for cloth masks are tightly woven such as cotton and cotton blends, breathable, and in two or three fabric layers. Masks with exhalation valves or vents, those that use loosely woven fabrics, and ones that do not fit properly are not allowed to be worn. Masks should be washed after every day of use and/or before being used again, or if visibly soiled or damp/wet. Disposable face masks should be changed daily or when visibly soiled, damp, or damaged.

**Masking is a critical tool to reduce transmission of the virus and protect unvaccinated individuals.**

## **Remote Instruction**

As per the Archdiocese of Newark, remote instruction is only being provided when an entire class needs to quarantine for a COVID exposure unless your child is **symptom free and FULLY**

**VACCINATED.** If your child was exposed outside of school and is deemed to have not been a direct contact and the class does not need to quarantine, remote instruction will not be provided by the school.

Children who have been **fully vaccinated** and their class has to quarantine are still able to come to school for in-person instruction if you choose to send in a copy of their vaccine card. ***If a vaccine card is not on file, the child will have to be on remote instruction.*** We encourage any child who has been vaccinated, to please bring in your vaccine card so we can make a copy in case your class has to go remote.

**Fully vaccinated** people without symptoms do not need to quarantine but should still monitor for symptoms for 14 days following an exposure as per NJDH.

**Unvaccinated siblings** of a student who has symptoms and meets COVID-19 Exclusion Criteria should be excluded from school until the symptomatic individual receives a negative test result. If the symptomatic individual tests positive, the sibling will need to quarantine.

#### **Handwashing Respiratory Etiquette and Cleaning**

Handwashing and personal hygiene are of utmost importance. We hand wash prior to and after snack and lunch. We hand wash after recess as well as have hand sanitizer available to all students throughout the building and classrooms.

Children are encouraged to sneeze into their elbow or cover their nose and mouth when sneezing even with a mask on.

The entire school building is cleaned daily once the children leave by an outside cleaning company. High touch surfaces are cleaned throughout the day.

**Fully vaccinated** – A person is considered fully vaccinated **two weeks** after their last shot.