

Tender Shepherd Preschool Health Guidelines 03/01/2021

(Based on guidelines from the CDC, PA Dept. of Health, and ACHD)

Symptoms Consistent with COVID-19:

Group A 1 or more symptoms	Group B 2 or more symptoms
Cough	Fever (measured or subjective)
Shortness of breath	Chills
Difficulty breathing	Rigors
New olfactory disorder	Myalgia
New taste disorder	Headache
	Sore throat
	Nausea or vomiting
	Diarrhea
	Fatigue
	Congestion or runny nose

Symptom Update: COVID-19 symptom intensity has changed since this virus was first presented. COVID-19 could look like allergies or common colds, or has no symptoms at all. For this reason, even if symptoms are mild, it is important to see a doctor with the following situations:

- If you or your child are experiencing COVID-19 symptoms, please call your doctor or pediatrician as the first step.
- If you have one symptom from Group A or if you have two symptoms from Group B, you need to see the doctor before returning to TSP.
- Local pediatricians are using this same chart to assess whether a child needs to be referred for COVID-19 testing.
- Testing is important, because it allows the health departments to conduct contact tracing and stop the transmission of the virus.

When can my child return to TSP?

- After 10 days of isolation if he/she tests positive for COVID-19.
- After quarantine if he/she is a “close contact.”
- When he/she has a doctor’s note stating their health issue is not COVID-19.
- When a documented negative test result is provided.
- Family COVID-19 situations must have a return to school date determined on an individual basis. Please contact TSP for assistance in determining a return date due to the many factors that are involved.

Guidelines for Isolation and Quarantine:

You have tested positive for COVID-19 (Isolation)

- **Isolate:** Remain isolated for 10 days starting from the first day of your COVID-19 symptoms. Avoid all others and only leave your home for medical care. Before you can leave isolation, your symptoms also must be improving/gone for 24 hours.
- If you tested positive and did not have symptoms, isolate for 10 days starting with the date of your test.
- If you live with others, if possible, completely isolate in a separate room with its own bathroom for the full 10 days of isolation, avoiding contact with all others in your family. This may shorten their quarantine time. If this is not possible, follow these guidelines while you isolate:
 - Do not share personal items (toothpaste, cups, food, etc.)
 - Frequently disinfect commonly touched surfaces in your home (doorknobs, handles, countertops, etc.)
 - You and your family members should wear masks at all time except while eating.
- Do not get another test for COVID-19. Subsequent COVID-19 tests may come back positive for several weeks or months, even though you are no longer infectious after 10 days. Follow-up tests are not necessary to return to work or school, only completing the isolation period and having an improvement in symptoms are necessary.
- Notify anyone you had close contact with in the 48 hours (2-days) prior to your symptoms or test, when you were infectious.
- Please notify TSP of your positive test situation.

You are a close contact of someone who tested positive for COVID-19 (Quarantine)

- To be a close contact of someone with COVID-19, you must have been within 6 feet of them for more than 15 consecutive minutes. Close contact behaviors include hugging/kissing, sharing eating/drinking utensils or foods/beverages, being a caregiver with contact throughout the day.
- **Quarantine:** Avoid people outside your household. Only leave your home for medical care. The best practice is to quarantine for 10 days from the last day of your exposure to the positive COVID-19 person, to limit the spread of the virus. If the COVID-19 positive person is someone in your household who cannot fully isolate from the rest of your

family, quarantine is through that person's 10 day isolation period, and then for an additional 10 days for your potentially infectious period.

- Monitor yourself for symptoms of COVID-19 (see symptom chart). **Keep in mind that COVID-19 symptoms mimic the common cold, sinus infections, and allergies. Frequently seen symptoms include sniffles, headache, nasal congestion, mild cough, lack of taste/smell.
- Quarantine time can be shortened if the following conditions are met:
 - Your COVID-19 positive family member has the ability to completely isolate from you and your child for the full 10 days.
 - 7 days after last contact, *if you do not have symptoms* for COVID-19 and you test negative for COVID-19. The test needs to be performed on the 5th day after exposure or later, and must be a PCR (send-out) test. Rapid-test results are not acceptable. Quarantine must continue for at least 7 full days after exposure, and until your test result is received.
 - You should monitor for COVID-19 symptoms for the full 14 days, even if your quarantine ends early.
- If symptoms develop:
 - Notify anyone you had close contact with in the 48 hours (2 days) prior to your test, as you could now be COVID-19 positive.
 - Contact your doctor to discuss the need to be tested. Wait for 5-days after symptoms develop to be tested, for a more accurate test result. It is important to test for COVID-19 if you are symptomatic to limit the spread.
- Please notify TSP of your close contact situation.

Remember, we are in this together. Please contact us if you have any questions or concerns. We are happy to help. Stay well!