COVID 19 Updates as of August 10 & 11, 2022

While this school year's COVID-19 guidance for K-12 and child care settings has no new requirements, it has been simplified to further align with routine response to other infectious illnesses. This transition began with the last school guidance update in February of 2022. In this guidance, quarantining and contact tracing stopped. More info about the February update located further down this page.

August 11, 2022, CDC no longer recommends quarantining of people who have been exposed to COVID-19. It is still recommended to take precautions such as masking and testing after an exposure.

If you have tested positive it is recommended to isolate for 5 days, regardless of vaccination status. If symptoms are mild, you are feeling better and don't have a fever, isolation can end after 5 days.

Testing is not required to end isolation.

We have returned to the pre-covid illness rules of how sick is to sick, which can be located on the schools website under the health tab. In general, if you are sick, kids are sick please stay home.

[Transitioning to a routine disease control model for COVID-19](), February update.

Further information can be found at
https://covid19.colorado.gov/practical-guide-for-operationalizing-cdc-school-guidance#Summary

CDC information
https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html

All info taken directly from CDPHE

If you have any questions, please feel free to contact Kristin Lane, Sargent School Nurse at 852-4024.

Updated January 7, 2022

CDPHE COVID 19 Guidelines

Quarantine:

People who **don't need to quarantine after exposure** include:

- People aged 18 or older who have received all recommended vaccine doses, including third doses and additional primary shots for some immunocompromised people.
- People aged 5-17 years who have completed the primary series of COVID-19 vaccines.
- People who have tested positive for COVID-19 (with a viral test, not an antibody test) within the past 90 days.

If you were exposed but you don't need to be quarantined, you should still wear a well-fitted mask around others for 10 days and avoid high risk people and settings. Get tested five days after exposure. Watch yourself for symptoms for 10 days after exposure. If you start to feel symptoms in the 10 days after exposure, get tested immediately and start isolating.

People who **need to quarantine after exposure** include:

- People who are not vaccinated
- People who have not completed a primary COVID-19 vaccine series. A primary series means two doses of Pfizer or Moderna, or one dose of Johnson & Johnson. For some immunocompromised people, a primary series may include three doses.
- People age 18 or older who have completed a primary vaccine series, but have not received a [third (booster) dose](#) and are eligible for one.

If you need to quarantine, you should stay home for five days after you were exposed to COVID-19. Your first day of quarantine is the first full day following your exposure. Wear a [well-fitted](#) mask around others in your home if you aren't able to remain completely separate during quarantine. You should wear a well-fitted mask around other people at home and in public for five more days after that. If you can't quarantine, you'll have to wear a well-fitted mask around others for 10 days after exposure. People who are unable to wear a mask around others, including children under the age of 2 years and people of any age with certain disabilities, should quarantine for a full 10 days.

Get tested on day five after your exposure. Watch yourself for symptoms for 10 days after exposure. If you start to feel symptoms, get tested immediately and start isolating. Avoid contact with people who are at high risk and high risk settings for at least 10 days after exposure. Do not go to places where you are unable to wear a mask. Avoid eating around others at home and at work for at least 10 days after exposure.

Symptoms of COVID-19 may be mild and feel like a common cold, especially early on. Symptoms can include fever or chills, cough, shortness of breath or difficulty breathing, tiredness, soreness, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.

Isolation:

If you have tested positive for COVID-19, you should isolate. If you have symptoms of COVID-19 and are waiting for your test results, or you have symptoms and have not been tested yet, you should also isolate. Isolation means staying at home and away from other people until you are likely no longer contagious. If you have any of these symptoms or you have tested positive, **you should isolate, even if you are vaccinated.**

How long should I isolate?

It depends on how you are feeling. For some people, isolation should last five full days, followed by five more days of precautions.

- You can stop isolating after five full days if:
- You tested positive, but don't have any symptoms.
- You had mild symptoms, you are starting to feel better, and you don't have a fever.

Your first day of isolation is the first full day after you started feeling symptoms or tested positive.

- If you stop isolating after five days, you should continue taking precautions for five more days.
- Wear a well fitted mask around other people, both in your home and in public. Do not go to places where you are unable to wear a mask.
- Avoid eating and drinking around other people.
- Avoid contact with people who are at high risk for getting very sick from COVID-19.
- Avoid travel.

People who are unable to wear a mask around others, including children under the age of 2 years and people of any age with certain disabilities, should isolate for a full 10 days even if they are asymptomatic or have mild symptoms.

If you still have a fever after five days or your symptoms haven't improved, you should isolate until:

- You have had no fever for at least 24 hours (without using medicine that reduces fevers) AND

- Other symptoms have improved (for example, your cough or headache are starting to get better). If you have lost your sense of taste or smell, you may not get it back for weeks after you have started to feel better. You don't need to wait for your taste or smell to come back before you can stop isolating.

If you didn't have any symptoms when you tested positive, but you started to feel symptoms AFTER your test, you should continue to isolate for at least five full days after your symptoms start. Day zero is the day your symptoms start, even if you were previously isolating because of a positive test. You can stop isolating when at least five full days have passed since you first felt mild symptoms, you don't have a fever, and you are starting to feel better.

REMINDER

Sargent School has voluntary weekly COVID testing in place for all staff and students through NOVIR. Testing takes place Monday mornings or in the case of an exposure.
Register at http://Trackbynovir.com.

Organization codes are:
        High school C7664
        Junior high C7668
        Elementary C7660

Sargent School District COVID-19 Procedures

Safeguards in place

Cohorting and or distancing where practical.
Enhanced cleaning procedures in the cafeteria including hand washing and salad bar served in the line by lunch staff.
Implementing weekly voluntary testing
Parents and teachers screening for illness
Air purifiers to be installed in all classrooms.
Increased cleaning such as fogging and wiping down surfaces
Highly encouraged masks, especially for close contacts.

Illness

Identifying Illness at home:

1) Parents will screen their children for any signs or symptoms of illness:

Minor	headache, sore throat, congestion, runny nose, stomach pain, nausea, vomiting, diarrhea
Major	loss of taste or smell, fever of 100.4 or greater, body aches/chills, new cough (unrelated to documented chronic condition)

2) If your child exhibits any of the above symptoms of illness please keep them home for observation and call the secretary for an excused absence. Students may return when symptoms are gone. Please see below:
   - Children exhibiting symptoms are _encouraged_ to undergo COVID-19 testing before returning to class. Testing can be performed at school in the morning BEFORE your child enters the classroom.
   - Doctors' excuses are not required for quarantines or Covid related illness. All other illnesses require a Doctor's note per regular school policy.
   - Per regular school policy, students can return 24 hours after fever subsides without the use of fever-reducing medication, 24 hours after the start of antibiotics for infection, and 24 hours after vomiting.
   - Cough occurs for many reasons. Students with a new cough unrelated to a documented chronic condition should stay home until the cough subsides.
     - ❖ If coughing is related to a chronic condition such as asthma or allergy then please treat your child before returning to school so that their symptoms are minimal.

❖ Please do not give your child cough medicine and send them to school without investigating it's cause.

<u>Testing</u>

Testing is available at school to rule out COVID-19. Please take advantage of it to prevent the spread of COVID to other students and staff. Students must be tested in the morning BEFORE they go into their classroom. Please sign up for the serial testing or make an appointment with the school nurse if you wish to take advantage of this option.

❖ If the test is negative they may return to school when their symptoms are gone. However, understand that false negatives are possible and a PCR test from a testing center would be the most accurate form of testing.
❖ If the test is positive they will be sent home for a 10 day isolation period which begins on the day they test positive OR the day they first had symptoms. . See quarantine and isolation below.
❖ If a parent or student does not want testing they must stay at home until symptoms are gone and follow regular school illness policies.

<u>Addressing Symptoms at School:</u>
● Staff will observe for outward signs of illness and send students to the office as needed.
● If the student exhibits signs of illness above they will be sent home. Testing and evaluation performed by your family health care provider is advised.
  ❖ If the test is negative they may return to school when their symptoms are gone.
  ❖ If the test is positive they will begin a 10 day isolation period. See quarantine and isolation below.
  ❖ If a parent or student does not want testing they must stay at home until symptoms are gone and follow regular school illness policies.

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/student-becomes-sick-diagnosis-flowchart.html

<u>Quarantine</u>
-Quarantine is for individuals exposed to a COVID-19 positive individual.

- If a child has COVID at school, close contacts will be identified using the close contacts guidelines from CDC and CDPHE linked below.
- A close contact is considered anyone less than 6 feet for 15 minutes or longer cumulative time over 24 hours and/or people who live together. High risk exposures on buses, indoor sports, contact sports, and activities with forced exhalation such as band, may include contacts up to 12 feet.
- Exception: In the K–12 indoor classroom setting or a structured outdoor setting where mask use can be observed, the close contact definition excludes students who were between 3 to 6 feet of an infected student if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time.
  https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact
  https://drive.google.com/file/d/1S-bXk2yFdFAjBPUMfT-KvNMvz6EA2A9r/view

- The whole class will be notified to watch for symptoms
- The close contacts will also be especially notified via telephone.
- COVID-19 testing is recommended for close contacts. Close contacts have 2 choices.

  1. Quarantine at home. They can be COVID-19 tested on day 5 of exposure and return on day 7 if symptom free.
  2. Or, students may opt for a 10 day quarantine. This option requires NO testing and students can return after day 10 with no symptoms.

     **With both options It is important to continue to monitor for symptoms for the full 14 days. Mask wearing during this period is encouraged.

  https://covid19.colorado.gov/how-to-quarantine

Who does NOT need to quarantine?

- Completed COVID vaccination at least 2 weeks ago OR
- COVID-19 confirmed infection in the past 90 days OR
- Participates in weekly surveillance testing at least one time in the previous week OR
- Both parties were wearing masks at the time of exposure.

- **Where it is true that vaccinated people do not need to be quarantined, testing is recommended to be done 3-5 days after exposure. All close contacts in any of these categories are advised to wear a mask for 14 days. Despite being vaccinated we are seeing infections with the Delta variant. Please consider following the recommendations. https://covid19.colorado.gov/how-to-quarantine

Isolation
-Isolation is for COVID-19 positive individuals.
COVID positive individuals have a 10 day isolation period from the start of symptoms or day of positive test. There are no exceptions to this currently.

Reporting
All COVID tests performed by school personnel will be reported to the state, positive or negative. Negative results are reported so that it does not appear that 100% of all individuals getting tested have COVID. It is important to report both results so data is not skewed.

Serial Testing by CDPHE- this program is voluntary and will help us identify illness in the early stages. The benefit is that it will reduce illness in school, reduce quarantine for participants, and provide incentives for testing. Written parent permission required.
Testing will take place on Monday mornings before participants join the classroom.
https://covid19.colorado.gov/free-testing-schools

These procedures are subject to change based on changing circumstances