

Christian Nurturing Center
COVID-19 Health Guidelines for Preschool Students
Updated September 6, 2022

Please contact us as soon as possible in the event your child has been exposed to a positive case (inside or outside of the household) or tests positive. Because there are still many individuals who remain at risk for severe illness from COVID-19, it continues to be important to alert the families of exposed students so they can make informed decisions about protecting their family and others with whom they might come into contact.

Parents/caregivers are strongly encouraged to monitor their children for signs and symptoms of COVID-19 as well as any other illness every day and keep them home if they:

- Have tested positive (viral test) for COVID-19.
- Have symptoms of respiratory or gastrointestinal infections (e.g., cough, fever, sore throat, vomiting, diarrhea).

Positive for COVID-19, Isolation

Students, regardless of vaccination status who test positive should:

- Stay home for at least 5 full days after the onset of symptoms or if asymptomatic after the positive test (day of symptom onset is day 0; if asymptomatic, day the test was performed is day 0)
AND
- If the student has no symptoms or symptoms are resolving after 5 days and are fever-free (without the use of fever-reducing medication) for 24 hours, they can return to school **AND**
- Wear a mask an additional 5 days.

Exposure to COVID-19

Close contact is defined as being within 6 feet of someone with suspected or known COVID-19 for 15 or more minutes during a 24-hour period. In certain situations, it may be difficult to determine whether individuals have met this criterion and an entire cohort, classroom, or other group may need to be considered exposed.

Students would be considered exposed to someone (inside or outside of the school setting) with COVID-19 from 2 days prior to symptom onset (or positive test date if asymptomatic) to 5 days after onset (not during the case's additional precaution period at day 6-10).

Students who were exposed to COVID-19 can continue to attend school as long as they remain asymptomatic and wear a mask for 10 days after the last day of exposure.

Exposed students, regardless of vaccination status, are strongly recommended to get tested 5 full days after exposure, on Day 6 (date of exposure is considered day 0). If testing is unavailable, school attendance can continue. If the test is positive, they must follow the "Positive for COVID-19" section. If the exposed individual has had COVID-19 within the past 90 days, see specific testing recommendations (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html#choosing-a-test>).

After an exposure, students/parents and staff should carefully monitor for fever, cough, shortness of breath, or other COVID-19 symptoms for 10 days. If COVID-19 symptoms develop, students/staff should immediately get tested and follow isolation recommendations.

Masks

Wearing a well-fitting mask or respirator consistently and correctly reduces the risk of spreading the virus that causes COVID-19. Therefore, masks are required in the following circumstances:

- During an active outbreak – during an outbreak or a general increase in cases, we will consult with our local health department as to whether short-term universal masking or masking in affected classrooms should be required to control the outbreak/increase in cases.
- After returning from isolation – students who return to school after 5 full days of isolation are required to wear a mask during days 6-10.
- After a COVID-19 exposure – exposed students are required to wear a mask for 10 days from last day of exposure.
- When illness occurs in school with students who become ill with symptoms consistent with COVID-19, they will be given a mask to wear until a parent or emergency contact arrives to take them home.

Anyone who chooses to wear a mask or respirator should be supported in their decision to do so at any COVID-19 Community Level, including low.