

Christian Nurturing Center
COVID-19 Health Guidelines for Preschool Students
Updated 06-22-22

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), has COVID-19 symptoms or tests positive. We'll help to determine the proper quarantine/isolation time for your child.

Your child is “up to date with COVID-19 vaccines” when they have received all doses in the primary series and all boosters recommended, when eligible. Refer to his link from the CDC for details <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

Symptoms or Test Positive for COVID-19

Definition of “Symptoms”

- **At least ONE:** cough, shortness of breath, difficulty breathing, loss of taste or smell
- **At least TWO:** runny nose or congestion, sore throat, fatigue (tired) muscle aches, fever, chills, headache, nausea/vomiting, diarrhea

Children should stay home when they have COVID-19 symptoms or test positive for COVID-19 (even without symptoms) regardless of vaccination status.

- **What to do:**
 - Stay home for 5 days. (Day 1 is the day after symptoms started or positive test date if asymptomatic).
 - Go back to school on Day 6, only if no fever for 24 hours (without fever reducing medicine) and/or other symptoms have improved.
 - During Days 6-10, children will need to wear a mask (indoors and outdoors), and must be kept distanced (at least 6 feet) from others while eating.

Exposure to COVID-19

Definition of “Exposed”: Close contact with somebody with COVID-19 while they were contagious starting 2 days before symptoms or positive test.

- **What to do:**
 - Close contacts (students and staff) who are exposed to COVID-19 do not need to quarantine if they are up to date with COVID-19 vaccines, OR had confirmed COVID-19 documented by CNC in the past 90 days. They do need to wear a mask (indoors and outdoors) for days 1-10 and will be kept distanced (at least 6 feet) from others while eating.
 - Unvaccinated (includes those not up-to-date with their COVID-19 vaccines) close contacts (students and staff) need to quarantine and should stay home for 5

days. During days 6-10, they can return to school, but need to wear a mask (indoors and outdoors), and will be kept distanced (at least 6 feet) from others while eating.

- It is recommended to get tested on Day 5-7 following exposure. If symptoms develop symptoms at any time, follow the “Symptoms or Test Positive for COVID-19” guidelines.

- **Household Exposure:**

- If a child/staff member has a household member who is sick with COVID-19 symptoms, they should stay home until that household member gets a negative COVID-19 test or alternative diagnosis, unless the child/staff member is up to date with COVID-19 vaccines, or had confirmed COVID-19 documented by CNC in the past 90 days.
- If a child or staff member has a household member with COVID-19, they need to be quarantined (unless they are up to date with COVID-19 vaccines or had confirmed COVID-19 in the past 90 days).
 - If the household member with COVID-19 cannot isolate from child/staff and cannot wear a mask inside the home: The child/staff should quarantine for 10 days PLUS regular 5-10 day quarantine period as described in the “Exposure to COVID-19” section above.
 - If the household member with COVID-19 cannot isolate from child/staff but can wear a mask inside the home for 10 days: The child/staff should quarantine for 5 days PLUS regular 5-10 day quarantine period as described in the “Exposure to COVID-19” section above
 - If the household member with COVID-19 can fully isolate away from the child/staff: The child/staff should quarantine for the regular 5-10 day quarantine period as described in the “Exposure to COVID-19” section above (starting the day after last exposure).