

# Current Health Office COVID-19 Protocols and Information

**Reminder: Please call or email the school nurse if any individual tests positive for COVID-19.** Lisa Zick can be reached at 978-772-3293 x135 or [lzick@theparkerschool.org](mailto:lzick@theparkerschool.org).

**Please refer to the following guidelines when an individual experiences illness.**

*Below is the full list of COVID-19 symptoms to monitor for:*

- Fever (100.0° Fahrenheit or higher), chills or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known cause, such as chronic cough)
- Sore throat, when in combination with other symptoms
- Nausea, vomiting, or diarrhea when in combination with other symptoms
- Headache when in combination with other symptoms
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

## **Symptomatic Individuals**

**NO FEVER and MILD SYMPTOMS:** Individuals who don't have fever, present with mild symptoms, and test negative for COVID-19 are okay to come to school. Best practice includes wearing a mask until symptoms are fully recovered. A second test is recommended within 48 hours if the initial test was negative.

**FEVER and/or SYMPTOMS LISTED ABOVE:** Individuals who have fever 100.0 or higher and/or symptoms listed above should test for COVID-19. If the test is negative, they should stay home until fever-free for 24 hours without fever-reducing medication AND symptoms are improving. They should also test again for COVID-19 at least 48 hours after the initial negative test.

## **COVID-19 POSITIVE - Individuals who test positive for COVID-19**

- Inform Nurse Lisa at 978-772-3293 x135 or [lzick@theparkerschool.org](mailto:lzick@theparkerschool.org)
- Self-isolation for a minimum of 5 days after symptom onset or after a positive test, if asymptomatic
- Return to school on day 6 if they are fever free for 24 hours without fever reducing medication AND have improving symptoms

- Upon returning to school, the individual must wear a mask at all times when around others for an additional 5 days **OR** if they have a negative rapid test on day 5 or later, they are not required to wear a mask.
- Self-report to close contacts of their exposure
- Testing to return to school is NOT required

## **Isolation**

To count days for isolation, day 0 is the first day of symptoms **OR** the day the positive test was taken, whichever is earliest. Those who test positive must isolate for at least 5 days. If they are asymptomatic or symptoms are resolving and they have been fever-free without the use of fever-reducing medication for 24 hours, they may return to school on Day 6 and should wear a high-quality mask through Day 10, if able to do so.

- If the individual has a negative test on Day 5 or later, they do not need to mask
- If the individual is unable to mask, they may return to school with a negative test on Day 5 or later.

## **Close Contact Testing**

For all those exposed, best practice is to do a Rapid Antigen test 5 days after exposure or sooner if symptomatic.

## **COVID-19 Testing**

### **Symptomatic Testing**

Symptomatic testing using a rapid antigen test is the only COVID-19 testing being performed at Parker and is available (with consent) for all individuals who present with symptoms while at school.

Symptomatic individuals can remain in school if they have mild symptoms, test immediately at school, and that test is negative. Best practice would include wearing a mask until symptoms are fully recovered. For symptomatic individuals, a second test is recommended within 48 hours if the initial test was negative.

If a symptomatic individual cannot be tested immediately, they should be sent home and allowed to return to school if symptoms remain mild and they test negative, have been fever-free for 24 hours without fever-reducing medication and their symptoms are resolving, or if a medical professional makes an alternative diagnosis. A negative test is strongly recommended for return.

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