

The Meadowbrook School Protocols for COVID-19 Case and Close Contacts

Academic Year September 2022- June 2023

SARS-CoV-2, the virus that causes COVID-19, has been shown to be highly contagious. This document outlines protocols to help mitigate spread among students and faculty at Meadowbrook. These protocols are based on the most current guidelines from the Massachusetts Department of Elementary and Secondary Education and the Massachusetts Department of Public Health to respond to COVID-19 cases in the school setting and any close contacts. These protocols will continue to be updated as guidance is updated and based on state and local health metrics.

Students participating in P.E. or middle school athletics after a positive COVID-19 diagnosis:

Student athletes aged 12+ who test positive for coronavirus may require cardiac clearance before resuming participation in Athletics.

- Students who had at least **moderate symptoms** with their illness will be required to obtain a return-to-play clearance letter from a medical professional.
 - Moderate symptoms include: fever > 100.4F for ≥4 days; ≥ 1 week of myalgias (body aches), chills or lethargy; or symptoms requiring hospitalization.
 - Evaluation should be completed after symptoms have fully resolved and completion of isolation (10 days).
- Students who remained asymptomatic or had only mild symptoms (not meeting the criteria above) are encouraged to discuss with their primary care provider whether any evaluation or clearance is needed but are not required to present clearance from their health care provider.

Section 1: COVID-19 symptoms and definition of a close contact

COVID-19 symptoms

Below is the full list of symptoms for which caregivers should monitor their children, and faculty should monitor themselves:

COVID-19 symptoms list:

- **Fever (100.0° Fahrenheit or higher), chills, or shaking chills** (CDC has lowered the temperature from 100.4 to 100.0)
- **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*

If faculty or students have any of the above symptoms, they should be tested for COVID-19 with a rapid antigen test as soon as possible after symptoms begin. If symptoms develop while at school, rapid testing will be done at school. If symptoms develop at home, please test before coming to school. Any positive test results should be reported to the Health Office at 781-314-9240.

We ask that community members please stay home if they have symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea. Staying home when sick can lower the risk of spreading infectious diseases, including COVID-19, to other people. Students with severe symptoms or multiple symptoms may need to be evaluated by their physician.

Close Contacts/COVID-19 Exposure

Close contacts include any individuals who have been within 6 feet of a COVID-19 positive individual while indoors, for at least a cumulative total of 15 minutes during a 24-hour period. At risk exposure time begins 48 hours prior to symptom onset (or time of positive test if asymptomatic) and continues until the time the COVID-19 positive individual is isolated.

Quarantine is no longer required for staff or students regardless of vaccination status or where the exposure occurred.

Section 2: Recommended testing and quarantine response protocols

Protocol A: For individuals who test positive

Children and staff who test positive for COVID-19 must isolate for at least 5 days (day 0 is the first day of symptoms OR the day the positive test was taken, whichever is earlier). They may return to school on day 6 if they are asymptomatic or symptoms are resolving and they have been fever free without the use of fever-reducing medicine for 24 hours. Individuals returning on day 6 must wear a high-quality mask through Day 10.

- You may remove your mask prior to day 11 if you have 2 negative tests taken 48 hours apart.

- Individuals with moderate illness or severe illness or with a weakened immune system should isolate through day 10 and consult their doctor before ending isolation.

Protocol B: For asymptomatic close contacts

All exposed individuals may continue to attend school as long as they remain asymptomatic. Quarantine is no longer required for staff or students in the school setting regardless of vaccination status or where the exposure occurred.

Individuals who were exposed to COVID-19, regardless of their vaccination status, should wear a high-quality mask for 5 days and get tested on day 6 from their last exposure. If they test negative on day 6 and remain asymptomatic, and have not had another exposure, then they can remove their mask and continue to monitor their symptoms through day 10. If symptoms develop, follow the guidance for symptomatic individuals (Protocol C).

Protocol C: For symptomatic individuals

If symptoms develop during the school day, symptomatic individuals can remain at school if they have mild symptoms, are tested immediately onsite, and that test is negative. Best practice would also include wearing a mask, if possible, until symptoms are fully resolved. For symptomatic individuals, DPH recommends a second test within 48 hours if the initial test is negative.

Individuals may return to school if they meet the following criteria:

- Negative COVID-19 test as outlined in section 1
- Symptoms are mild or are significantly improved or have resolved, OR if a medical professional makes an alternative diagnosis.
- Fever-free for at least 24 hours without the use of fever-reducing medications