



## Illness Policy

### Contact Procedure

If you are keeping your child home from school for any reason, please text or leave a message at 518-218-6656. Please note that you may not receive an immediate response if the teachers are with students.

Please notify the school at [learn@morningstarmontessorischool.org](mailto:learn@morningstarmontessorischool.org) if your child displays any symptoms of COVID-19, has an illness that warrants medication, or has the stomach bug or the flu. The School may share this information anonymously with the other parents via email.

Students/parents/guardians must immediately disclose to the school ([learn@morningstarmontessorischool.org](mailto:learn@morningstarmontessorischool.org)) if the child responds yes to any of the COVID-19 screening questionnaire questions (see below) or if the child tests positive for COVID-19.

### Symptoms

Please keep this document easily accessible to determine if your child should attend school each morning. If you are keeping your child home, contact the school by calling or texting 518-218-6656.

**If your child is sick and displaying symptoms of Covid-19, you must show proof of a negative Covid test before your child can return to school. We can only accept a PCR test from a medical facility - we cannot accept results from home rapid tests.**

**Please keep your child home if they have exhibited any of the following symptoms within the past 10 days:**

- Fever (greater than 100.0°F)/chills
- Cough/shortness of breath
- Fatigue
- Muscle/body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- New loss of taste/smell

**After exhibiting symptoms of COVID-19, if the individual is not diagnosed by a healthcare provider with COVID-19 they can return to school (with proof of negative Covid test):**

- Once there is no fever, without the use of fever reducing medicines, and they have felt well for 24 hours; and
- If they have been diagnosed with another condition and has a healthcare provider written note stating they are clear to return to school

**Students may not attend school if the child answers yes to any of the following screening questions:**

- a) Has your child knowingly been in close or proximate contact within the past 10 days with anyone who has tested positive for Covid-19?
- b) Has your child tested positive for Covid-19 in the past 10 days?

- c) Within the past 10 days, has your child had a temperature of 100.0 degrees or higher without the use of fever reducing medication such as acetaminophen (Tylenol), ibuprofen (Motrin, Advil), aspirin or naproxen sodium (aleve)?
- d) Has your child experienced any symptoms of Covid-19 in the past 10 days?

Students/parents/guardians must immediately disclose to the School ([learn@morningstarmontessorischool.org](mailto:learn@morningstarmontessorischool.org)) if and when their responses to any of the aforementioned questions changes.

If your child has tested positive for Covid-19 within the last 90 days (with a positive PCR on record with the school), your child is exempt from quarantine when exposed to Covid-19.

While the School will not administer screening questionnaires to children's immediate household members/caregivers, if an immediate household member or someone who frequently interacts with the child answers yes to any of the above screening questions, the child should also stay at home until the household member/caregiver has tested negative for Covid.

While there is currently no New York State Travel Advisory, we ask that families take additional safety precautions when traveling and be considerate of others in the school when returning to the classroom after travel.

#### **Isolation - After testing positive**

Regardless of vaccination status, if your child tests positive for Covid-19, they must stay home from school for 10 days. Please notify the school immediately and send a copy of your child's positive test results to [learn@morningstarmontessorischool.org](mailto:learn@morningstarmontessorischool.org)

Day 0 - Symptom onset or positive test

Day 11 - Return to school (if symptom free for 24 hours without the use of fever reducing medicine)

No additional test is needed before child's return to school.

#### **Quarantine - After exposure**

If your child was exposed to Covid-19, they must stay home and quarantine for 5 days. They can return to school after a negative PCR test taken 5 days following exposure.

Day 0 - Day of exposure

Day 5 - PCR test

Day 6 - Return to school if your child tests negative. You must provide the school with a copy of your child's negative PCR test prior to their return. Please send a copy of your child's test to

[learn@morningstarmontessorischool.org](mailto:learn@morningstarmontessorischool.org)

Regardless of vaccination status, if your child displays any symptoms of Covid-19 during their quarantine time, they must test with a PCR. If positive, they must stay home and isolate for 10 days.

#### **Exemptions for children who have tested positive for Covid-19 within the last 90 days**

If your child has been exposed to Covid-19, but has a positive PCR test on record with the school within the last 90 days, they are exempt from quarantine and may return to school.

If your child displays symptoms of Covid-19, but has a positive PCR test on record with the school within the last 90 days, they may return to school when their illness has resolved and they have been symptom free for 24 hours without the use of any fever reducing medicine.

### **Contact Tracing**

Rensselaer County is longer doing contact tracing for individuals who have tested positive for Covid-19 or have had a direct exposure. This means that you will likely not receive a call from the county with guidance surrounding your isolation or quarantine. If your child tests positive or is exposed outside of school, please notify the school immediately at [learn@morningstarmontessorischool.org](mailto:learn@morningstarmontessorischool.org) and we will assist in determining your child's return date based on the date of exposure/test date.