

Return to School after Illness Policy

Revised 7/20/2022

The Department of Health recommends a COVID clearance, in writing, from a medical professional, for any child in a child care setting that shows the symptoms listed below. This may be a negative COVID home test or a note from a doctor.

- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body ache
- New loss of taste/smell
- Sore throat
- Congestion/runny nose
- Nausea/vomiting
- Diarrhea

Isolation and Quarantine

A flow chart from the Virginia Department of Health is included here. We feel this chart is an easy way to determine what steps need to be taken when COVID is present in your household. We will also attach a PDF to this document.

<https://www.vdh.virginia.gov/content/uploads/sites/182/2022/01/K-12-COVID-19-Parent-Flowchart.pdf>

The following is a summary of the chart and will be followed by Children's House.

- **Symptomatic persons** (regardless of vaccination status) should begin isolation at home and undergo testing as recommended by their healthcare providers. The day symptoms began should be counted as day 0.
- **Persons who test positive** (regardless of vaccination status) should isolate themselves at home for at least 5 days. If they are asymptomatic or symptoms are resolving and they have been fever-free for 24 hours, they may return to programming after Day 5, provided:
 - If the individual is able to mask, they should do so through Day 10.
 - If the individual is unable or unwilling to mask during this time (including children under age 2), VDH recommends a negative test on or after Day 6 in order to return to programming OR the person should remain home through day 10.

- If a student has become sick at school, we will arrange for the student to be picked up, while the student waits in a separate isolation room/area.

● **For exposed but asymptomatic persons** (regardless of vaccination status), quarantine is no longer recommended. These individuals may continue to attend programming as long as they remain asymptomatic. Exposure is defined as being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or having direct contact with respiratory secretions from an infected person.

- Masks: Students/staff that attend programming during this time may consider wearing a mask around others indoors until Day 10.
- If a student or staff person in this group has ongoing household exposure to a person with COVID-19, VDH recommends students, families and staff consider more frequent testing.

● **If the school or facility is experiencing an outbreak of COVID-19** that has been difficult to control or is unusual in size or scope, regional and local epidemiologists may apply professional judgment and recommend traditional quarantine and isolation standards be applied until the situation is stabilized.

Returning to school:

- Anyone sent home with COVID-type symptoms or develops COVID-19 at home must consult and follow the recommendation of their pediatrician or physician, and/or the recommendation of the Department of Health, regarding testing for COVID-19.
- If a household member from a child or staff member's family has a confirmed case of COVID-19, the confirmed case must be reported to the CHMS Director. Quarantining for the child is no longer recommended for continuous exposure from family member in the home. However, testing between day 3 and 5 is recommended, with exclusion from school when symptoms develop or testing is positive.
- A negative COVID-19 test and/or physician's note regarding any type of diagnosis (childhood or adult illness or COVID-19) is to be presented before the child or staff member can return to school. The child or staff member must be fever free for 24 hours, without the aid of medications.