

COVID-19 HEALTH & QUARANTINE PROCEDURES

Updated October 2021

When your child is sick with any symptom (see list on health screen form identified by the County Health Department) including a runny nose:

- You must get a PCR test
- Keep your child at home until the test results come back
- All tests must be sent to healthoffice@waldorfsaratoga.org for review before your child can return to school. They cannot enter the building until we have received the results.
- If your child tests positive please contact Laura Blunt, School Nurse (healthoffice@waldorfsaratoga.org) and Abigail Reid, Administrator (administrator@waldorfsaratoga.org) immediately.

If there is a positive case in the school:

- If your child tests positive please contact Laura Blunt, School nurse ([health office@waldorfsaratoga.org](mailto:healthoffice@waldorfsaratoga.org)) and Abigail Reid, Administrator (administrator@waldorfsaratoga.org) immediately.
- WSSS will contact the County Health Department immediately. (Positive test results are sent by the lab to the County Health Department, but may take longer.)
- Contact tracing begins. We collect extensive data for the County (including name, birthdates, phone numbers, addresses, class schedules, seating charts, lunch and snack arrangements,

specialty teacher contacts, etc.) This can take 4 to 5 hours for us to complete. It involves many phone calls.

- The County Health Department determines who is in quarantine. (The school does not have the authority to place anyone in quarantine.) They ask us to call you to let you know of your child's quarantine status because of their backlog. Eventually, you should hear from them.
- Our school rule is that if anyone in your household is in quarantine then no one in your household can come to school until the quarantine ends. Data has backed up this practice and is an extra precaution that we take to protect everyone.
- Exemptions to this school rule where you can return to school as long as it is being held in person:
 - If someone in your household is vaccinated, that person can return to school as long as no symptoms develop.
 - If you have had Covid-19 and have recovered, you also do not need to quarantine or stay home unless symptoms develop.
- You cannot test out of quarantine and we still recommend that you get tested if you are put in quarantine.

Quarantine rules follow:

Updated 1/5/2021

Saratoga County Public Health Services Child-Quarantine Protocol for 2021-Novel Coronavirus (COVID-19)

If you have been informed that your child has been in contact with an infected individual within the last 10 days, please quarantine your child until you hear from the NYS

COVID Contact Tracers who will place your child in mandatory quarantine in accordance with the following:

1. Your child should remain at your home for the duration of the quarantine period.
2. Your child should not attend work or school outside your home. They cannot visit enclosed public spaces (grocery stores, drugstores, department stores, shopping malls, theaters, religious services, community centers) or attend any social gatherings.
3. Non-household members/visitors are not permitted in your living quarters.
4. Your child should stay in a separate area of the house during the quarantine period and use a separate bathroom if available. Have someone prepare meals and bring them to your child's living quarters. Do not share common household items, i.e., linens, dishes, utensils, etc. Your child should limit their time in common household areas such as bathrooms and kitchens, maintain a >6-foot distance from household members, and should wear a mask when outside of the quarantine space.
5. Clean and disinfect commonly touched areas frequently.
6. Your child can walk outside your house on your own property, but they should not come within six feet of neighbors or other members of the public. If you are living in a multiple dwelling, avoid using common stairways or elevators to access the outside. Likewise, your child should refrain from walking in your neighborhood.
7. Inform all household members of your child's quarantine status.

8. Please monitor your child for symptoms. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever of $\geq 100.4^{\circ}\text{F}/\geq 38.0^{\circ}\text{C}$ (or feel feverish) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. If your child has mild to moderate symptoms, stay home. Have your child drink plenty of fluids and rest. Encourage them to walk around the house frequently. Do not take your child out of the home except to get essential medical care (including testing for COVID-19). If you or your child develop any symptoms of COVID-19 infection, call your medical provider or if you do not have a provider, call the COVID Hotline (518)885-2276. Notify your child's school as well.

9. Most people with COVID-19 have mild to moderate symptoms and recover on their own. Less commonly, COVID-19 may lead to pneumonia, other severe complications, hospitalization or death. If you, or any household member, experiences a life-threatening condition, call 911 and notify the 911 operator that a person in the living quarters is under self-quarantine for COVID-19 so that responders can take proper precautions.

Emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

10. If your child becomes symptomatic or ill, or test positive for COVID-19, those persons staying with your child in your living quarters may be subject to mandatory quarantine and your child may be subject to isolation.

11. If a child is placed on mandatory quarantine for COVID-19, but their parent(s) or guardian(s) are not, one of the child's parents or guardians should consider self-quarantining themselves with the child. Doing so will ensure that quarantined children are not unnecessarily separated from their caregivers for any length of period.

12. Notify the COVID Hotline of any needed care or services such as food, supplies, medicine or other supports that you require by calling 518-885-2276.

13. You, or your legal guardian, may contact the COVID Hotline 518-885-2276 for any questions or concerns with this protocol. Please contact the number above.