



Updated 6/6/22

St. Paul's Day School (SPDS) must comply with COVID-19 public health guidelines put forth by the NJ Department of Health specifically for [childcare centers](#), which is how the school is licensed in the state of New Jersey (not as a K-12 school). The requirements were heavily derived from guidance documents produced by the Federal Centers for Disease Control and Prevention (CDC), however, in many instances have been supplemented or modified to reflect the needs of New Jersey and childcare centers. Additionally, we are required to notify the Westfield Regional Health Department of all positive cases and follow their instructions in regard to designation of close contacts and contact tracing.

HEALTH & SAFETY GUIDELINES

Symptoms of COVID-19

As per the New Jersey Department of Health, any of the symptoms below could indicate a COVID-19 infection in children and may put your child at risk for spreading illness to others. Please note that this list does not include all possible symptoms and persons with COVID-19 may experience any, all, or none of these symptoms.

Fever (measured or subjective)	Fatigue
Chills	Congestion or runny nose
Rigors (shivers)	Cough
Myalgia (muscle aches)	Shortness of breath
Headache	Difficulty breathing
Sore throat	New loss of smell
Nausea or Vomiting	New loss of taste
Diarrhea	



Health Screening

- **Please review the following questions each morning.** If any answers are "yes" we ask that you keep your child home and refer to the procedures under the **Return to School** section.
 - **Unvaccinated children:**
 - Has your child received any fever reducing medication in the past 48 hours?
 - Has your child been in close contact with anyone diagnosed with COVID-19 in the past 10 days? (Close contact is defined as within 6 feet of an infected person for 15 or more minutes during a 24-hour period.)
 - Is anyone in your household awaiting the results of a COVID test?
 - Is your child exhibiting any COVID-19 symptoms? See grid above.
 - Has your child traveled internationally? (See **Travel** section.)
 - **Vaccinated children:**
 - Is your child exhibiting any COVID-19 symptoms? See grid above.
- Any staff member/household member, SPDS student or student's family/household member who tests positive for COVID-19 or is unvaccinated and believes they have had close contact with a confirmed or suspected COVID-19 case should immediately email the SPDS office with your teacher CC'd, self-quarantine, and follow the advice of a qualified medical professional.
- If a child does not feel well during school we will call you to pick them up. They will be taken to a quarantine room with a designated staff member to wait, isolated from other students.

Close Contacts / Contact Tracing

SPDS will continue to work closely with the Westfield Regional Health Department to identify close contacts and comply with the most current contact tracing requirements at the time. Any staff member or parent/guardian of a student who experiences symptoms of or tests positive for COVID-19 will be asked to assist with contact tracing. SPDS will notify impacted staff and parents of students if there is a confirmed or suspected case of COVID-19 at the school. We will be contact tracing back 2 days from the onset of COVID symptoms for the affected person.

A close contact is defined as being within 6 feet of someone with suspected or known COVID-19 for 15 or more minutes during a 24-hour period. In some school situations, it may be difficult to determine whether individuals have met this criterion and an entire cohort, classroom, or other



group may need to be considered exposed, particularly if people have spent time together indoors. If your child has been identified as a close contact, you should test them immediately (at home or at a doctor's office) and then follow the **Return to School** instructions below.

Return to School

For return to school, SPDS currently requires either a negative PCR test or a test result from a doctor's office for students who are symptomatic. At-home negative test results are accepted for students who have remained asymptomatic. The State of NJ offers free PCR testing through Vault Medical Services.

When calculating days, Day Zero (0) is considered the date of symptom onset or positive test, whichever comes first.

❖ **Returning to school after close contact outside of the household:**

- For **not fully vaccinated students** exposed to COVID (either at school or in the community) there are three ways to return safely to school:

1. Exposed students can "test to stay" and attend school, if they:
 - a. wear a well-fitted mask, preferably a KN95. Masks must be worn for 10 days after exposure.
 - b. test negative on days 1, 3 and 5. At home tests are accepted. Write the date on each test and send a picture of each test on day 1, day 3, and day 5. Please send negative test results to stpaulsday@stpaulsday.org and your child's teacher.
 2. Return on Day 6 (5 day quarantine): Negative COVID-19 test result (PCR or test from a doctor's office if symptomatic; at home test on day 5 acceptable if asymptomatic as long as they are able to properly and consistently mask during days 6-10.
 3. Return on Day 11 (10 day quarantine) - if opting not to test and mask - criteria for discontinuing home isolation have been met (10 days).
- **Vaccinated students and those who have recovered from COVID-19 in the past 90 days** will not be designated as close contacts and do not need to quarantine unless they have symptoms. They should get tested 5-7 days after exposure, even if asymptomatic, and wearing a mask for 10 days after exposure is highly recommended.



- **Returning to school with a close contact within the household** - Since this is the most frequent occurrence among students who test positive,
 - Students that are **not fully vaccinated** must quarantine and “Day Zero” is the day after the household member is COVID-19 symptom-free:
 - Return on Day 6 (5 day quarantine): Negative COVID-19 test result (PCR or test from a doctor’s office if symptomatic; at home test on day 5 acceptable if asymptomatic as long as they are able to properly and consistently mask during days 6-10.
 - Return on Day 11 (10 day quarantine) - if opting not to test and mask - criteria for discontinuing home isolation have been met (10 days).
 - **Vaccinated students and those who have recovered from COVID-19 in the past 90 days** will not be designated as close contacts and do not need to quarantine unless they have symptoms. They should get tested 5-7 days after exposure, even if asymptomatic, and wearing a mask for 10 days after exposure is highly recommended.
- **Returning to school after illness with COVID-19 compatible symptoms:**
 - Negative COVID-19 test result (PCR or test from a doctor’s office) OR
 - If opting not to test, criteria for discontinuing home isolation have been met (10 days have passed since symptom onset, return on Day 11).
- ❖ **Returning to school after testing positive for COVID-19:**
 - Symptom free AND
 - **Fever** free for 48 hours without the use of fever reducing medicine AND
 - At least 5 days have passed since symptom onset (return on Day 6) AND
 - They can consistently and properly wear a well-fitting mask for days 6-10.
 - This includes masking while outdoors
 - During rest time/meal time mask can be removed but the child should be kept at a 6 foot distance from others while unmasked for eating/resting
- ❖ **Returning to school after testing positive for COVID-19 but asymptomatic:**
 - At least 5 days have passed since the first positive COVID-19 test (return on Day 6) AND
 - No subsequent illness (remain asymptomatic) AND
 - They can consistently and properly wear a well-fitting mask for days 6-10.
 - This includes masking while outdoors
 - During rest time/meal time mask can be removed but the child should be kept at a 6 foot distance from others while unmasked for eating/resting



Face Masks

As of March 7, 2022 parents are now able to offer their child the choice of whether to wear a mask. Some will continue to wear masks as a continued protection against infections of any kind. Children should still have two (2) masks ready in their backpack at all times should a need arise to mask an entire class. Instances where a mask may be needed could include:

- A student in class becomes ill during the school day
- An immunocompromised guest visits the classroom
- During activities that involve sustained close contact with other individuals
- During periods of [high community transmission](#)
- After returning to school from isolation or quarantine during days 6-10
- When children or staff become ill with symptoms consistent with COVID-19

For those students that continue to mask, we suggest a lanyard type necklace attached to the mask for when it is removed for eating, resting or outside time.

Handwashing

- The school has running water sinks in each classroom for hand washing.
- All bathrooms have touchless soap dispensers, touchless faucet systems and touchless paper towel dispensers.
- Handwashing will occur: upon entering the classroom, prior to going outside, after going outside, before snack or lunch time, after snack or lunch time, always after using the restroom, if a child needs to wash their hands, prior to car line pick up at the end of their school day.

Cleaning & Sanitizing

SPDS has established sanitization procedures based on regulatory guidelines. All cleaning products used meet the CDC's criteria for use against the virus that causes COVID-19.

- Every classroom is equipped with an air purifier that will be used daily.
- Every classroom is equipped with a UV light for sanitizing when children are not present.
- Classroom windows will remain open as long as weather permits. Please send your child with an extra layer in the colder months.
- Tables, chairs, resting mats, railings and door handles will be sanitized after use. Toys will be sanitized after use each day.
- An outside cleaning company cleans the school daily after hours.



Vaccinations

Per the NJ Governor, as of October 18, 2021 employees in public and private schools need to be fully vaccinated for the coronavirus or undergo regular testing. SPDS staff must be vaccinated or undergo weekly testing.

According to the Centers for Disease Control and Prevention (CDC), everyone 5 years and older who is at least 2 weeks past the last dose of their primary series of a COVID-19 vaccine is considered fully vaccinated. For children 5 through 17 years of age, a primary series consists of 2 doses of the Pfizer-BioNTech COVID-19 vaccine. CDC recommends that people remain up to date with their vaccines, which includes additional doses for individuals who are immunocompromised or booster doses at regular time points. Individuals who are moderately or severely immunocompromised should get an additional primary shot and a booster shot.

Those who are fully vaccinated (student or staff member):

- Will not be designated as close contacts and do not need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 5-7 days after exposure, even if they don't have symptoms.
- Do not need to quarantine for domestic or international travel.

Travel

Non-essential travel while school is in session is discouraged, and the CDC recommends delaying travel until you are fully vaccinated.

Domestic Travel

- Domestic travel is considered to be any travel lasting 24 hours or longer to any U.S. states or territories other than Pennsylvania, New York, and Delaware.
- While no quarantine is required, the CDC recommends unvaccinated individuals who travel should get tested 1-3 days before their trip and 3-5 days after.

International Travel

- Per CDC recommendations, after arrival to the United States, all travelers regardless of vaccination status should self-monitor for COVID-19 symptoms, and isolate and get tested if they develop symptoms.
- Unvaccinated students should stay home and self-quarantine for 5 days after international travel and provide proof of a negative test on Day 5 to return on Day 6.



- Fully vaccinated students and those who have recovered from COVID-19 in the past 90 days do not need to quarantine after international travel. They should still monitor for COVID-19 symptoms, and isolate and get tested if they develop symptoms.

For more information, refer to the [CDC guidelines for domestic travel](#), [the CDC guidelines for international travel](#), or the [NJ Department of Health's travel page](#).

Remote Learning

- If a particular class(es) or the entire school is required to close, the K, JK and 4s class(es) would invoke remote learning using tools such as the Google Classroom and/or Seesaw platforms. Alternative solutions would be explored for the 3s and 2s classrooms.
- If an individual student has to quarantine, at-home lesson plans will be provided.

FREQUENTLY ASKED QUESTIONS

My child tested positive for COVID-19. What should I do?

- Keep your child home and monitor symptoms. If possible, self-isolate the child in a different bedroom from others in your home and, if possible, use a separate bathroom.
- Notify the Westfield Regional Health Department so that they can begin contact tracing.
- Notify SPDS administration and CC your child's teacher.
- Self-isolate until a minimum of 5 days have passed since the start of symptoms and fever free (less than 100.0 F) for at least 48 hours without taking a fever-reducing medication, and symptoms have subsided. Seek medical care if the child's symptoms worsen or become severe.
- Child can return to school on Day 6 if they are symptom free and can consistently and properly wear a mask from day 6 through day 10 as stated above.
- If others in your household are symptomatic (sick or have COVID-19 symptoms), if possible they should self-isolate following the rules above.
- If other unvaccinated students in your household are asymptomatic (not sick; have no COVID-19 symptoms), they should self-quarantine for 10 days or get tested on day 5 in order to return to school. Symptoms may take 2-14 days to appear. If the asymptomatic person develops symptoms, he/she should follow the self-isolation instructions above.

Should I inform other people that my child may have been exposed to COVID-19?

- Those closest to your child for a prolonged period of time are at highest risk and should be notified.



- People your child does not spend a prolonged period of time with (less than 10 minutes within 6 feet) are at lower risk. If possible, you should notify these individuals regarding your child's illness, should symptoms develop.
- People your child may have casually come into contact with (i.e., passed in the hall, shared a short ride, briefly spent time within a room) are not considered at risk and do not need to be contacted.

My child has been exposed to someone who has COVID-19. What should I do now?

- Get your child tested for COVID-19. Even if the test is negative, monitor for symptoms, which may take 2-14 days to appear.
- If unvaccinated, keep your child home to self-quarantine; refer to **Return to School** section above for quarantine timeframes. Self-quarantine means staying home, monitoring the child's health, and maintaining social distance (at least 6 feet) from others at all times.
- Notify SPDS administration.
- Notify the Westfield Regional Health Department if the child develops symptoms. Seek medical care if the child's symptoms worsen or become severe.

Should siblings of a child diagnosed with COVID-19 quarantine?

- The unvaccinated siblings/household members of people with COVID-19 who reside in the same home will be considered close contacts and will need to quarantine.
- Household contacts who can't isolate away from a household member with COVID-19 should start their quarantine period on the day after the household member would have completed their 10-day isolation period, UNLESS the household member is able to consistently wear a well fitted mask in the household through day 10, in which case the quarantine period would start on the day after the household member completes their 5-day isolation period.
- Vaccinated siblings/household members do not need to quarantine so long as they remain asymptomatic. They should get tested 5-7 days after exposure.

Should siblings of a child who is quarantined due to potential exposure also be quarantined?

- The siblings/household members of people who are home for quarantine because they were exposed to COVID-19 (e.g. "secondary contacts") do NOT need to stay home or be tested. If the exposed child in quarantine develops symptoms or tests positive for COVID-19, then the other siblings would need to quarantine as well. Parents should closely monitor all of their children for symptoms.

If someone in my child's class develops COVID-19, will all students in that class be considered close contacts?



- This assessment will be determined on a case by case basis and will be advised upon by the Westfield Regional Health Department. Factors that may affect this determination could include the age of the children and whether proper masking and sanitary procedures were being upheld. If the exposure happened three or more days before the person's symptom onset, this will not be considered a close contact.
- Unvaccinated individuals designated as "close contacts" are at highest risk and will be advised to follow quarantine procedures as outlined above.

Sources: Centers for Disease Control & Prevention (CDC), New Jersey Department of Health, New Jersey Department of Children & Families, Westfield Regional Health Department, Westfield Public Schools