

COVID-19 guidelines for exclusion at the Alvin Browdy Religious School

Parents are responsible for assessing children's health prior to children's arrival in the building.

Individuals with COVID-like symptoms should stay home from school, and require a negative COVID test before returning. An individual is considered to have COVID-like symptoms if they exhibit at least **one primary symptom** or **two secondary symptoms**.

Definitions:

Primary Symptoms:

- Fever of 100.4 or higher
- Sore throat
- Cough
- Difficulty breathing
- Diarrhea or vomiting
- New onset of severe headache (especially with fever)
- New loss of taste or smell

Secondary Symptoms

- Congestion
- Runny Nose
- Headache
- Nausea
- Muscle Aches
- Chills

Contact

A close contact is **anyone who was within 6 feet of an infected person for a total of 15 minutes or more.**

****If your child or a member of your household tests positive for COVID-19, please contact Wilhelmina Gottschalk ASAP. The ABRS team will consult with the OKC Health and Safety team to assess next steps before sharing important information with the school community.****

Below is information related to cold symptoms, children with allergies, flu shot and COVID-19 vaccination status in your household.

Cold Symptoms - Runny Nose:

We ask that you keep your child home if they are not feeling well and remain home until they are feeling better. A runny nose by itself is not a symptom of exclusion as long as the child can

maintain wearing a mask for the duration of the school day. If a child is not able to keep their mask on due to their runny nose, the teachers will give you a call and unfortunately they will have to be picked up from school.

If a child develops a sore throat or cough due to post nasal drip as a result of a cold, they are symptoms of exclusion. The student will require a negative COVID-19 PCR test before they can return to school.

Children with Allergies or Asthma:

If a child has seasonal allergies or has a history of asthma that often results in post nasal drip or a cough, they can remain in school as long as they are well enough to do so and ABRS has a note from the physician stating these symptoms are a result of allergies or asthma. Please send physician notes to [Wilhelmina Gottschalk](#).

Requirements for Vaccinated Individuals (e.g., teachers and teens)

1 Primary Symptom or at Least 2 Secondary Symptoms

- Staff member should get a PCR test and return to work after negative test result and when symptoms have improved.

Exposure

- Must be close contact
- Staff member may or may not return to work depending on dates of possible exposure – determined on a case by case basis
- Must remain masked for 14 days or until s/he receives a negative PCR COVID-19 test.
- Should test 3-5 days after exposure (minimum 72 hours after exposure) but not before.
- If staff member tests positive for COVID-19, they may not return to work for at least 10 days after the positive test result.
 - They must be symptom free without fever reducing medication for at least 24hrs prior to returning to work.
 - Non-vaccinated children in the classroom who are exposed should quarantine. They can test after 5 days and may return after a negative COVID-19 test **on day 7 as long as they are asymptomatic.**
 - Vaccinated members of the class do not need to quarantine **but need to stay masked and should test 3-5 days post exposure.**

Scenario 1: Staff member goes to a baby shower on SUNDAY and learns 2 days later (TUESDAY) that someone they were in close contact with tested positive.

- Definition of Contact: a close contact is **anyone who was within 6 feet of an infected person for a total of 15 minutes or more.**
- Must remain masked for 14 days or until s/he receives a negative PCR COVID-19 test.
- Should test 3-5 days after exposure (minimum 72 hours after exposure) but not before.

- If staff member tests positive for COVID-19, they may not return to work for at least 10 days after the positive test.
 - They must be symptom free without fever reducing medication for at least 24hrs prior to returning to work.
 - Children in the classroom had exposure on Monday and should quarantine. They can test after 5 days and may return after a negative COVID-19 PCR test **on day 7 as long as they are asymptomatic.**
 - Day 0 in this case would be Monday, the day the children were exposed to the teacher.
 - Co-teacher is vaccinated and does not need to quarantine however she will not be in contact with children until she tests **3-5 days post exposure.**

Scenario 2: Staff member's vaccinated spouse was in close contact with someone who tested positive for COVID-19.

- Contact of a contact
- Staff member may return to work
- Staff member does not need to test
- Recommend that staff member's spouse mask and get tested 3-5 days post exposure

Requirements for Unvaccinated Students

1 Primary Symptom or at Least 2 Secondary Symptoms

- Any child that exhibits 1 primary symptom or 2 secondary symptoms from the list of symptoms, even if it is not while they are in school (as in over the weekend), needs to test (PCR).
- They must be symptom free and fever free without fever reducing medication for at least 24hrs prior to returning to school.

Scenario 1: Michael threw up last night and is feeling fine this morning. We think he didn't enjoy the mushrooms on the pizza.

- Michael cannot come to school and should get a PCR test and return to school after negative test result and when symptoms have improved.
- Michael must be symptom free at least 24hrs prior to returning to school.

Scenario 2: Rosie has seasonal allergies and is coughing due to post nasal drip.

- If school has a note from Rosie's physician that Rosie has allergies and coughing might happen as a result of post nasal drip, Rosie may come to school.
- If the school does not have a note from Rosie's physician, then Rosie cannot come to school and should get a PCR test and return to school after negative test result and when symptoms have improved.

Exposure with Someone with Primary COVID-19 Symptoms

- Child may remain in school unless contact/friend with symptoms tests positive.

- If contact/friend tests positive, the child had an exposure and should remain home and test after 5 days from first exposure.
- Classroom does not need to close unless student's test comes back positive.
- Teachers in the child's classroom with no symptoms do not need to test unless child's test comes back positive.

Scenario: It's Thursday morning after Rosh Hashanah, Susie is dropped at school, and we get a phone call that a member of Susie's shul group has fever and chills.

- Susie may remain in school unless child in group tests positive.
- If friend tests positive, Susie's had an exposure and should remain home and test after 5 days from first exposure.
- Classroom does not need to close unless Susie's test comes back positive.
- Teachers with no symptoms do not need to test unless Susie's test comes back positive.

Exposure with Someone Tests Positive for COVID-19

- Child remains home or is picked up from school and waits at least 5 days since time of exposure to be tested for COVID-19. Day 0 is day of exposure.
- If test is negative, child may return to school **on day 7 as long as child is not symptomatic.**
- Classroom remains open.
- Staff does not need to test.
- If it's positive:
 - Child may return when it has been at least 10 days since symptoms first appeared AND no fever for at least 24 hours without fever-reducing medication AND improvement of other symptoms.
 - Classroom is closed and all children need to wait **minimum 5 days to test.**
 - Vaccinated teachers who had close contact may test after 3 days but should avoid additional exposures to other children in the school as an extra precaution.

Scenario: Hillary was at a friend's house on THURSDAY and parents learn on SUNDAY MORNING that her friend tested positive for COVID-19.

- Hillary is picked up from school and must wait at least 5 days since Thursday (Tues) to be tested for COVID-19.
- If negative, she may return to school **on day 7 as long as she is not symptomatic.**
- Classroom remains open.
- Staff does not need to test.
- If it's positive:
 - Hillary may return when it has been at least 10 days since symptoms first appeared/positive test received, AND no fever for at least 24 hours without fever-reducing medication AND improvement of other symptoms.
 - Classroom is closed and all children need to wait a **minimum of 5 days to test.**

- Vaccinated teachers who had close contact may test after 3 days but should avoid additional exposures to other children in the school as an extra precaution.