

Mahomet-Seymour Covid-19 Return to School Health Plan for Families

2021/2022

The purpose of this policy is to outline health guidelines as they pertain to re-opening of Mahomet-Seymour CUSD #3 after the Covid-19 school closures. These guidelines are designed to ensure and promote the safety, health, and welfare of our community, in accordance with Illinois Department of Public Health (IDPH) and Illinois State Board of Education (ISBE) recommendations. Some components of this document may be altered to reflect current data and recommendations as new guidelines are posted.

Students, faculty and staff will be required to stay home if they are sick. If an individual arrives at school with the following symptoms, they will be sent home until return to school criteria (See #2 below) is met.

1. Symptoms Requiring Absence

- a. COVID-19 like symptoms or exposure to COVID-19, the individual **will be sent home**. Symptoms may include sore throat, loss of taste/smell, headache, fatigue, fever, cough, shortness of breath, muscle aches, vomiting, diarrhea or abdominal pain.
 - i. Direct affected staff member or parent/guardian of affected student to call the IDPH COVID-19 hotline at 1-800-889-3931, or the Champaign-Urbana Public Health Department (C-UPHD) hotline at (217) 239-7877 for guidance regarding symptoms to determine if testing for COVID-19 is warranted.
- b. Exposure to COVID-19
 - i. Individuals must let the District nurse know if they have been in close contact with someone who tested positive for COVID-19.
- c. Waiting on COVID test results
- d. Fever/chills/generalized body aches
 - i. Fever typically constitutes 100.4 degrees or higher. However, in light of recent events, a temperature of 99.5 degrees Fahrenheit with symptoms likely indicates an acute illness, and the individual will be sent home.
- e. Sore Throat with fever over 99.5 or visibly swollen glands.
- f. Consistent coughing with pain or fever.
- g. The first 24 hours of antibiotic treatment for contagious illness (strep throat, pink eye, etc.).
- h. Active vomiting or diarrhea.

2. When to Return

- a. **COVID-19 like symptoms:** (Per IDPH and Centers for Disease Control (CDC) guidelines).
 - i. **Untested with COVID-19 symptoms:**
 1. At least 24 hours have passed with no fever, without use of fever reducing medications, and improvement of symptoms.
AND
 2. At least 10 days have passed since symptoms first appeared if known or suspected exposure.

ii. **Tested positive with symptoms:**

1. At least 10 days have passed since first symptoms
2. At least 24 hours have passed with no fever, without use of fever reducing medications, and improvement of symptoms.
3. Communication to MS-District from IDPH authorizing safe to return to school, or school related activities after completion of daily health assessments.

iii. **Tested positive without symptoms:**

1. At least 10 days have passed since the date of first positive test, and no symptoms have developed.
2. Communication to MS-District from IDPH authorizing safe to return to school, or school related activities after completion of daily health assessments.

iv. **Exposure to COVID-19**

1. 10 days have passed since date of exposure, with no onset of symptoms (length of time during which symptoms will appear). ***If the exposure was from a member of your household, an additional 10 days have passed since the positive person was released from quarantine.***

Per IDPH guidance received on 7/9/21, 7-day early release from quarantine is NOT recommended for daycares or K-12 students because they are unable to keep 6ft of distance at all times. We will therefore be enforcing the full 10-day quarantine period for students exposed to COVID-19 who are not participating in Test to Stay or vaccinated.

2. **TEST to STAY**

- a. If both the person who tested positive and close contacts were wearing masks, close contacts can test on days 1, 3, 5 and 7, and remain in school as long as they have no symptoms and remain negative.
 - i. If participating in Test to Stay, students may continue to participate in extracurricular activities, as long as they remain symptom free and test negative.

In addition, it is important that you please continue to monitor for symptoms for 14 days after exposure, as that is still the current quarantine recommendation from the CDC.

b. **Other symptoms/non-COVID illness:**

- i. At least 24 hours have passed with no fever, without use of fever reducing medications.
- ii. After 24 hours on antibiotics.
- iii. After 24 hours since last episode of vomiting or diarrhea.
- iv. With doctor's note of clearance.

3. People who are vaccinated against COVID-19 are not required to quarantine if exposed to a person who tests positive for COVID-19, as long as they remain asymptomatic. It is recommended that vaccinated individuals be tested for COVID-19 3-5 days after an exposure, or if they begin to exhibit symptoms.

4. If the vaccinated person tests positive for COVID-19, refer to numbers 1 and 2 above.

5. Travel

It is recommended by IDPH that anyone who is unvaccinated, and has travelled out of state within the US, or within Illinois to an area with increased cases of COVID-19 should test 3-5 days before they travel, and be tested 3-5 days after they return, and quarantine for 7 days. IDPH further states that local public health guidelines and travel restrictions should be followed. Please see the updated CDC guideline document at [CDC Travel](#)

6. Nonpharmacological Intervention Recommendations for Communicable Disease

- a. Stay home when you are sick. (see #1 above)
- b. Avoid close contact with people who are sick.
- c. Cover your cough or sneeze with your elbow or a tissue, then throw the tissue in the trash. Wash your hands with soap and water.
- d. Avoid touching your eyes, nose, and mouth.
- e. Wash your hands often with soap and water for 20 seconds, and dry them
- f. If soap and water are not available, use hand sanitizer.
- g. Clean and disinfect frequently touched objects and surfaces using regular household cleaning sprays or wipes (ex: toys, desks, door handles, counters).
- h. Ensure all vaccines are up to date.
- i. Promote non-contact methods of greeting.
- j. Practice physical distancing (stay at least 6 feet away from other people).
- k. If unvaccinated for COVID-19, wear a mask or face covering when distancing is not possible. Vented masks and fleece neck gators are NOT effective, and therefore not acceptable.

7. When to wear a mask/face covering

- a. Per Governor Pritzger's mandate on August 4, 2021, masks must be worn at all times while inside any school facility by all students and staff, regardless of vaccine status,
- b. Appropriate masks or gators must have 2 layers of fabric that blocks light when held up to a bright light source. See [CDC - Types of Masks](#) for more detailed information on what types of masks are acceptable.
- c. Masks must be worn while riding the bus.

- d. In public, anytime it is not possible to stay at least 6 feet away from other people.

8. Communicable Disease Monitoring

- a. Parents must record symptoms in Skyward under comments when students entered for absence or must relay symptoms to the office staff if calling a student in sick. This is necessary for illness tracking as required by IDPH.
- b. Non-authorized visitors will not be allowed into the buildings.
- c. Authorized visitors must sign in and wear a mask or face covering while in the building if unvaccinated.
- d. Hand sanitizer will be provided at each sign-in kiosk, and 6ft distance must be maintained between individuals.

FAQ from Champaign-Urbana Public Health – dated 8/15/21

If a student is exposed in the classroom, do they need to go home and return the next day to start the Test to Stay regimen? *No, they can remain at school and start testing on the next applicable day.*

Can a student exposed on the school bus participate in Test to Stay? *The guidance says indoor classroom exposure because the teacher/staff will be able to confirm that masking was proper and consistent. However, if you have cameras on your bus and can confirm via the camera that masking was consistent and proper, they can participate in Test to Stay.*

If my child is participating in Test to Stay, can they go to their sports practice? *Yes, if they can strictly adhere to 3-6 feet of social distancing, mask consistently and properly and must mask indoors **and** outdoors.*

Can my child do Test to Stay if they were exposed in the cafeteria? *No, because the positive case and the student must have been consistently and properly masked when exposed to qualify for Test to Stay.*

What is a close contact in the cafeteria? *Due to lack of masking while eating, close contact is 6 feet or less, for 15 minutes or more in a 24-hour period.*

What is a close contact on the school bus? *6 feet or less for 15 minutes or more, unless you are able to confirm consistent and proper masking via camera footage. If you are able to confirm consistent and proper masking, close contact will be less than 3 feet (1 row ahead, 1 row behind and the seat across.)*

Will CUPHD offer a 7-day early release for students this year? *No, we are not allowing a 7-day release option at this time. We are allowing a 10-day quarantine (or 20-day if household exposure) and the Test to Stay option.*

Sources:

[COVID-19: When to Quarantine](#)

<https://www.isbe.net/Documents/ISBE-IDPH-Guidance.pdf>

<https://www.isbe.net/Documents/ISBE-School-FAQs-20210802.pdf>

[CDC Travel](#)

[CDC - Your Guide to Masks](#)

Updated 9/21/21

This document will continue to be updated as new information is provided by the Centers for Disease Control, Champaign-Urbana Public Health District, Illinois Department of Public Health and the Illinois State Board of Education