

## Summary of Changes to the COVID-19 Handbook 2021-2022

1. Close contacts: If **in-school** exposure, asymptomatic individuals may either quarantine for 7 days from the date of exposure with a negative PCR test on Day#5 or later and active monitoring of symptoms **OR** participate in the “Test and Stay” option:
  - a. Are asymptomatic.
  - b. Wear masks in school at all times, other than when eating or drinking. When these individuals cannot be masked (i.e., when eating or drinking) they should maintain at least 3 feet of distance from other individuals whenever possible.
  - c. Take a rapid antigen test (e.g., BinaxNOW) on each school day and receive a negative result. When the 7 days from date of exposure includes weekends or holidays, individuals should quarantine on weekends, and if they remain asymptomatic, upon return to school be tested immediately. If the individual remains negative, they can stay in school.
  - d. Conduct active monitoring for symptoms through day 14 and will self-isolate at home if symptoms develop.
2. Current Massachusetts DPH guidance is that all unvaccinated close contacts of someone who has tested positive for COVID-19 should be tested and quarantine. Individuals who are asymptomatic and fully vaccinated are exempt from testing and quarantine response protocols, however, it is recommended to have a COVID-19 PCR test 3-5 days after exposure. If the vaccinated individual is symptomatic, they must follow the current BMRSD protocol for testing and quarantine. Proof of vaccination must be provided.
3. For symptomatic individuals with **ANY** potential Covid-19 symptom:
  - a. [Symptoms of Coronavirus:](#)
    - i. Temperature 100.0 °F or higher when taken by mouth or chills
    - ii. Shortness of breath or difficulty breathing
    - iii. New onset of cough, shortness of breath (if chronic cough - a change from baseline)
    - iv. New onset of loss of taste or smell
    - v. Sore throat
    - vi. Body or muscle aches
    - vii. Congestion or runny nose (with other symptoms)
    - viii. Headache (with other symptoms)
    - ix. Fatigue (with other symptoms)
    - x. Nausea, vomiting, and/or diarrhea (with other symptoms)
  - b. Call the school’s Covid-19 point of contact person and inform them that

the student or staff member is staying home due to symptoms. Current Massachusetts DPH guidance is that all symptomatic individuals in Massachusetts, even those with mild symptoms, should be tested. An individual who does not wish to be tested may either receive an alternative diagnosis from their healthcare provider or isolate for 14 days and until asymptomatic.

- c. The individual should get tested at one of Massachusetts's [test sites](#). Sites may require pre-screening, a referral, and/or an appointment.
  - d. Isolate at home until test results are returned.
4. If the PCR test is negative or the individual receives an alternative diagnosis: Either documentation of a negative COVID-19 PCR test or a letter from the healthcare provider with an alternative diagnosis is needed to return to school with symptoms suggestive of COVID-19. Individuals should follow the school's illness management protocols (fever-free for 24 hours without fever-reducing medication, have an improvement in symptoms, and follow any illness-specific management from the doctor (i.e., 24 hours after the start of antibiotics for a bacterial infection)).
  5. Distancing: Physical distancing of 3 feet between students will be maintained while in the school building whenever possible, including classrooms, band, chorus, and the cafeteria.