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| **COVID-19 Policy Effective Sept. 2022**  Isolations when testing positive for COVID:  All people with COVID-19 should undergo isolation for at least 5 full days.   * Day 0 is considered as the day symptoms began or the day of the positive test. * After 5 days of isolation, students and staff may return if they are fever-free for at least 24 hours and other symptoms are significantly improved. Returning students and staff are encouraged to wear a mask for the next 5 days to protect the health of others.  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | Day of symptoms or  test |  |  |  |  | Last day of isolation | Off isolation if symptoms improved and fever free for 24 hours | | Day 0 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 |     **Mask Wearing** is currently options. If your child is returning after 5 days of COVID-19 isolation, it is recommended that a mask is worn through day 10. Masks will be made available for students as needed but we request you pack one for your child daily.  We encourage anyone with mild respiratory symptoms and negative COVID test to still wear a mask to protect the health of others.  **Exposure to someone with COVID (Not from Discovery)**  Anyone with significant exposure should wear a mask for 5 days and we recommend you test on day 3 regardless of vaccine status. For example, when a sibling or parent or other household member tests positive for COVID, but the child at Discovery had **no** symptoms- we would want that child to wear a mask for 5 days and we recommend testing on day 3. If the child is unable to wear a mask, please monitor symptoms daily and please keep them home and test if any symptoms present.  **Exposure to someone with COVID (At Discovery)**  We will no longer be quarantining entire classrooms if there is a child that tests positive for COVID. Parents will be notified of an exposure, and we request you keep your child home and test if they develop symptoms. Mask might be asked to be worn depending on the situation and age group.    Note: These guidelines are subject to change at any time with updates guidance from the CDC, our nurse health  consultant or CCHD. \* |
| **COMMON CHILDHOOD ILLNESSES**  **Parents, please be advised that these policies are in place to protect your child and keeping these illnesses from circulating. When your child is sick, please take home all things to wash and sanitize.**  **Pink Eye/Conjunctivitis:** Commonly caused by viruses or bacteria. Symptoms include pink or red color in the whites of the eyes, swelling of the conjunctiva (thin layer that lines the white part of the eye and the inside of the eyelid) and/or eyelids, drainage from eyes, itching, irritation, and/or burning. **Your child can return once they have been using the prescription eye drops for 24 hours.** The safest approach to avoid the spread is to stay home until there is no longer discharge from the eyes. However, this is not always practical.  **Fever:** A child with a fever of 101 or higher must be absent for 24 fever free hours  **Stomach Bug/ Gastroenteritis:** A child who has vomited twice or had 2 bouts of diarrhea **MUST be picked up.** Your child can return to childcare 24 hours after the last episode of vomiting or diarrhea and 24 hours with no fever.  **Hand-Foot-Mouth Disease/Coxsackievirus:** Early symptoms of HFMD are much like a common cold. A day or 2 after the fever, you might see: small painful sores (ulcers) on the throat, tonsils, rash of very small blisters or red spots on the palms of the hands, soles of the feet, or diaper area. After the rash has healed, the skin may peel; but this is harmless. **Your child can return once they are fever free for 24 hours, and the mouth sores and open blisters have healed.**  **Rash:** For your child to return, we will need a doctor’s note stating the rash is not contagious with a return to school date.  **Common Cold:** Can be caused by different types of viruses; most are the rhinovirus. The most common symptoms are stuffy or runny nose, sore throat, sneezing, low-grade fever, mild cough, achy muscles, headaches, and mild fatigue or tiredness. **Your child can return once they are fever-free for 24 hours with symptoms mostly improved.**  **Influenza:** Extremely contagious that affects the respiratory system and is caused by a virus. Young children are particularly prone to the flu due to their age, and therefore it is required to receive an influenza vaccine when in childcare. The most common symptoms include high fever, body aches, headaches, worsening cough, runny or stuffy nose, and tiredness. **Your child can return once they are fever-free for 24 hours with symptoms mostly improved.**  **Respiratory Syncytial Virus (RSV):**  A major cause of respiratory illness in young children. This virus infects the lungs and breathing passages. Symptoms include runny nose, sore throat, headache and sometimes RSV can lead to bronchiolitis or pneumonia. **Your child can return once they have had no fever for 24 hours, they are eating and drinking well, the cough may be present but is no longer frequent or distressing.**  **Strep Throat:** Symptoms include sore throat, fever, red and swollen tonsils, painful or swollen neck glands, stomachache or loss of appetite, or headache. **Your child can return when they’ve taken antibiotics for at least 24 hours and are fever-free for 24 hours.** |