



# OXFORD PUBLIC SCHOOLS

*“Sailing Toward Success”*

## HEALTH AND SAFETY INFORMATION

### **Please STAY HOME if you have any of the symptoms listed:**

Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache *when in combination with other symptoms*
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*

### **If a staff member/student tests positive:**

#### **Isolation for COVID-19 positive cases is a minimum of 10 days**

Most people who test positive and have a relatively mild illness will need to stay in self-isolation for at least 10 days. People who test positive can resume public activities after 10 days **and** once they have:

- a. 24 hours fever free (without taking fever-reducing medications like Tylenol); and
- b. experienced improvement in other symptoms (for example, their cough has gotten much better); and
- c. received clearance from public health authority contact tracers (the local Board of Health or Community Tracing Collaborative).

### **Close contact of a positive case:**

- If a student or staff member tests positive for COVID-19, their close contacts will be defined as only those who have been within 6 feet of distance of the individual for at least fifteen minutes, while the person was infectious. The infectious period begins 2 days prior to symptom onset. If someone is asymptomatic, the infectious period is considered to begin 2 days prior to the collection of their positive test. **The close contact will be required to self-quarantine for 14 days.**

- All close contacts should be tested but must self-quarantine for 14 days after the last exposure to the person who tested positive, regardless of test result. Even if an individual identified as a close contact receives a negative test result, they must continue to self-quarantine for the full 14 days as the virus may take up to 14 days to cause illness.

### **When a person may return to school after COVID-19 symptoms:**

- If a student or staff member has COVID-19-like symptoms, they may return to school after they have tested negative for COVID-19, have improvement in symptoms, and have been fever free for at least 24 hours without the use of fever reducing medications. If a provider makes an alternative diagnosis for the COVID-19-like symptoms, the individual may return to school based on the recommendations for that alternative diagnosis (e.g., influenza or strep pharyngitis).
- If a student or staff member presents with COVID-19-like symptoms and chooses not to be tested, they may return to school 10 days from start of symptoms, as long as their symptoms have improved and they have been fever free for at least 24 hours prior to their return to school without the use of fever reducing medication.

### **If a student becomes symptomatic at school:**

- Although families are the most important first line of defense for monitoring symptoms, teachers will play an important role in referring possible symptomatic students to the school nurse.
- Teacher ensures the student is wearing a mask that fully covers nose and mouth at all times.
- Teacher calls the nurse to inform her that there is a concern of a student with possible COVID-19 symptoms. Nurse or safety monitor will come to get the student from class. If the nursing assessment shows the student does not have symptoms that meet COVID-19 criteria, the student is sent back to class. If the symptoms are consistent with COVID-19, the student will be required to be dismissed from school and be encouraged to be tested.

After being tested, one of the following two scenarios will occur:

1. **NEGATIVE result:** Student/staff may return to school after they have tested negative for COVID-19, have improvement in symptoms, and have been fever free for at least 24 hours without the use of fever reducing medications. If a provider makes an alternative diagnosis for the COVID-19-like symptoms, the individual may return to school based on the recommendations for that alternative diagnosis (e.g., influenza or strep pharyngitis).
2. **POSITIVE result:** Student/staff remain at home (except to get medical care), monitor their symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from local board of health or Massachusetts Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least 10 days **and** until at least 24 hours have passed with no fever and improvement in other symptoms.

## Quick Reference Sheet: Key actions for individual COVID-19 events

Event	Location of Event	Testing Result	Quarantine
<b>Individual is symptomatic</b>	<p>If an individual is symptomatic <u>at home</u>, they should stay home and get tested.</p> <p>If an individual student is symptomatic <u>on the bus or at school</u>, they should remain masked and adhere to strict physical distancing. Students will then be met by the nurse and stay in the medical waiting room until they can go home. They should not be sent home on the bus.</p> <p>If an individual staff member is symptomatic at school, they should find coverage for their duties and then go home and get tested.</p>	Individual tests <b><u>negative</u></b>	Return to school once asymptomatic for 24 hours without the use of fever reducing medications.
		Individual tests <b><u>positive</u></b>	Remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from local board of health or MA Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least 10 days <b><u>and</u></b> until at least 24 hours have passed with no fever and improvement in other symptoms.
		Individual <b><u>is not tested</u></b>	Remain home in self-isolation for 10 days from symptom onset, then return once asymptomatic for 24 hours without the use of fever reducing medications.
<b>Individual is exposed to COVID-19 positive individual</b>	<p>If an individual is <u>at home</u> when they learn they were in close contact with an individual who tested positive for COVID-19, they should stay at home and be tested.</p> <p>If an individual is <u>at school</u> when they learn they were in close contact with an individual who tested positive for COVID-19, they should be masked for the remainder of the day and adhere to strict physical distancing. At the end of the day, they should go home and should not take the bus home. They should stay at home and be tested 4 or 5 days after their last exposure.</p>	Individual tests <b><u>negative</u></b>	Remain home in self-quarantine for 14 days from exposure
		Individual tests <b><u>positive</u></b>	Remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from local board of health or MA Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least 10 days <b><u>and</u></b> until at least 24 hours have passed with no fever and improvement in other symptoms.
		Individual <b><u>is not tested</u></b>	Remain home in self-quarantine for 14 days from exposure

***Please note: Listed above are the most common scenarios we will see. However, there will be many circumstances that will need to be addressed on a case by case basis (i.e. a household member becomes symptomatic but has yet to test, what should you do?). Be aware that you may be asked to provide medical documentation when out due to illness and/or prior to re-entry.***

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