Self-Quarantine/School Absence Policy

** subject to change **
Last Updated 10/27/2021

It is strongly recommended that all adults in the BNS community (including household members), and all eligible children, receive a COVID-19 vaccination. Adults and children who are not vaccinated may be required to follow different policies with regard to their involvement and participation at BNS.

The following policy covers students, teachers, student and teacher households, aides, TROs, and anyone else seeking to enter BNS’s facilities. This is not an exhaustive list and cannot account for all possible iterations of exposure or suspected exposure. If you have any questions about exposure status or the process for isolation and return to school, please contact our school COVID contacts (Molly Lucier mollycavewmn@gmail.com or TJ Stone tjstonebns@gmail.com), the Board President (kiyah@new-school.org, 919-360-2127) or our board health representative Ash Raju (ashish.raju@gmail.com) or additional information and guidance.

We request that when reporting absences that take into consideration close contacts and household members, families report according to the classification as defined below (and described in this infographic). Use the following classifications to determine your course of action.

If you or an immediate member of your household (child, teacher, aide, ASP staff, or anyone in the immediate household of these individuals) has had (1) a positive COVID-19 test, (2) suspected or (3) known exposure or (4) are experiencing new health symptoms that cannot be attributed to some other health condition, please follow the procedures outlined below:

- **A Positive COVID-19 Test:** exclude for ten (10) consecutive days from symptom onset AND only allow to return after fever free for twenty-four (24) hours without the use of fever-reducing medicine (if present) AND symptoms have improved (e.g., respiratory symptoms). Under these conditions, a negative PCR test will NOT be required to return to school.
● **Is symptomatic** with no known or suspected COVID exposure according to the [CDC guidelines of close contact](https://www.cdc.gov/coronavirus/2019-ncov/how-to-prevent-spread/close-contact.html): individual should leave school according to the guidelines below, proceed to request a PCR test, and be evaluated for other COVID symptoms. If PCR test is negative and no symptoms appear, individual may return to school under BNS’s general illness/sick policies after 24 hours of being fever free AND with a negative PCR test result to share with the school’s COVID contacts AND if symptoms have improved.

● **Is exposed and asymptomatic (unvaccinated):** needs to stay in quarantine for 14 days after the date of last contact. Even if the child is tested via PCR test for COVID-19 and has a negative test, the child must still stay home for the full 14 days. This is because it can take up to 14 days after exposure to the virus that causes COVID-19 to become infected. A negative PCR test is required for return to school.

● **Is exposed and asymptomatic (vaccinated):** If you’ve had close contact with someone who has COVID-19, you should stay in quarantine until you are able to get a PCR test 3-5 days after your exposure, even if you don’t have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.

**PCR testing locations can be found here:** [https://www.nrvroadtowellness.com/](https://www.nrvroadtowellness.com/)

If a BNS child, teacher, aide, TRO, or member of these families has a confirmed diagnosis of COVID-19, call the local health department for further instructions. Parents are asked to inform the school within 24 hours by emailing our school COVID contacts (Molly Lucier mollycavewmn@gmail.com and TJ Stone tjstonebns@gmail.com) if their child or any member of the immediate household has developed any reportable communicable disease (as defined by the State Board of Health; [www.vdh.state.va.us](http://www.vdh.state.va.us); “Reportable Disease List” and including COVID19). BNS will notify the entire school community of a positive COVID-19 test anywhere within the community. Names will never be used, but the community will be notified about the class color of a confirmed case. Other notifications will be made in accordance with the VA Department of Health after their contact tracing (as noted below).

If there is a positive case of COVID-19, the classroom will be deep cleaned. Contact tracing may be performed by the Health Department.

The BNS plan for an individual (student, teacher, aide, or TRO) who becomes symptomatic while at school, we will follow the guidance in [this infographic](https://www.nrvroadtowellness.com/), which is summarized below. **In addition, a negative PCR test will be required to return to school.**
- Move symptomatic individual(s) to the conference room next to the front door or outside area if available.
- Ensure symptomatic individual remains masked (as able if no respiratory difficulties)
- Teacher (or support individual) should wear mask, face shield, gown, and gloves.
- If breathing medication such as albuterol is required, only inhaler with spacer should be utilized. (Nebulizers are considered an aerosol-generating procedure).
- Increase ventilation as able in the conference room by opening windows or other available strategies. (Adjoining doors should be closed).
- Symptomatic individual should leave the school as quickly as possible (e.g. home with parent or emergency services).
- Clean surfaces that the symptomatic individual touched in their classroom/throughout the school.
- School COVID contacts, Molly Lucier (mollycavewmn@gmail.com) or TJ Stone (tjstonebns@gmail.com) or the Board President (kiyah@new-school.org) will email symptomatic individual’s classroom of possible exposure to an ill individual.
- Recommendation for all members of the household to leave the school to minimize possible infections.
- A negative PCR test will be required to return to school.

**Symptomatic is defined as** you, your child, or member of your household or immediate caregiving circle experiencing the following:

- A fever (100.4°F or higher); OR
- Any of the following that cannot be attributed to another health condition; OR
  - A new cough; OR
  - New shortness of breath or difficulty breathing; OR
  - New chills or sudden feelings of cold with shivering accompanied by a rise in temperature; OR
  - A new sore throat; OR
  - New muscle aches (not related to recent physical exercise or activity); OR
  - New olfactory (smell) or taste changes, including loss of taste or smell
- Have you administered an agent such as acetaminophen (Tylenol) or ibuprofen (Advil) to your child to reduce fever or suspected fever?