



CHRISTIAN HERITAGE SCHOOL

Summary of 22-23 COVID Back to School Guidelines/Strategies for Everyday Operations

In conjunction with the Centers for Disease Control (CDC) recommendations and the latest guidance offered by the Connecticut Department of Public Health (DPH), Christian Heritage will be implementing steps to balance respiratory illness prevention measures while maximizing in-person learning for the 2022-2023 school year. Though the CDC guidance is written for COVID-19 prevention, many of the layered prevention strategies described in the guidance can also help prevent the spread of other infectious diseases, such as influenza (flu), respiratory syncytial virus (RSV), and norovirus, and support healthy learning environments for all.

Staying Home When Sick Staying home when sick can lower the risk of spreading infectious diseases, including COVID-19. CT DPH and CDC ask that individuals monitor their own symptoms and follow routine practices to prevent the spread of COVID (as well as other infectious diseases). Children and staff with mild respiratory disease symptoms (e.g., infrequent cough, congestion, runny nose, sore throat, etc.) may attend school provided: they are fever-free (temp must be less than 100), feel well enough to participate, and they do not live with anyone who has had COVID-19 in the past 2 weeks. Individuals with mild symptoms are advised to perform a self-test at home for COVID-19 prior to leaving for school. Schools will not be collecting test results. It is recommended that people who have more severe symptoms, such as severe cough, fever (any temperature 100 or above), sore throat, vomiting, diarrhea, body aches, chills, etc. stay home. It is recommended they perform a test for COVID and must NOT report in-person until the fever has resolved. This means their temperature has been less than 100 for at least 24 consecutive hours without the use of medication. This is standard infection control practice in the school setting regardless of cause. It is recommended that students and staff who have severe symptoms but test negative for COVID remain home until their symptoms improve and contact their healthcare provider to report ongoing symptoms. Anyone testing positive for COVID-19 should complete isolation according to the CDC Q/I Calculator <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-faq.html> and are asked to report the illness by completing the Covid Self-reporting form link below.

<https://veoci.com/v/p/form/yanggg49bq6t>

***As always, any absences from school should be reported to the school attendance line.

Testing

Christian Heritage has a limited supply of test kits available for staff and students. Families can also order self-test kits by visiting [COVID.gov/tests](https://www.cdc.gov/tests)

It is recommended that students and staff with symptoms of COVID-19 or who were exposed to someone with COVID-19 in the home, obtain a COVID test at a community testing site, healthcare provider, or use an at-home test. Testing is recommended for people with symptoms of COVID-19 as soon as possible after symptoms begin. It is recommended that anyone testing positive for COVID-19 complete isolation according to the CDC Q/I Calculator <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation-faq.html>

and are asked to report the illness using the COVID Self-reporting form link below.

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Hand Hygiene and Respiratory Etiquette

Washing hands can prevent the spread of infectious diseases. Students and staff should continue to perform proper handwashing to lower the risk of spreading viruses, including the virus that causes COVID-19. The practice of covering coughs and sneezes continues to be an effective measure to help keep individuals from getting and spreading infectious diseases, including COVID-19.

Masking

Anyone who chooses to wear a mask or respirator should be supported in their decision to do so at any COVID Community Level. It is recommended that people who have known or suspected exposure to COVID-19 wear a well-fitting mask or respirator around others for 10 days from their last exposure, regardless of vaccination status or history of prior infection.

Management of Cases and Exposures

Quarantine is no longer recommended for people who are exposed to COVID-19 in school settings. As such, Christian Heritage School will not be contact tracing any COVID cases that are reported to school. It is recommended that people with COVID-19 isolate away from others and not attend school until they have completed isolation. Once isolation has ended, it is recommended that people wear a well-fitting mask or respirator around others through day 10. Testing is not required to determine the end of isolation or mask use following COVID-19 infection. CT DPH is requesting individuals who test positive for COVID-19 complete a self-reporting form. The link to the form can be found here:

<https://veoci.com/v/p/form/yangga49bq6t>