

## **FAQ: Health Protocols for Students**

Now that we are back to school, we have been able to observe how our COVID-19 guidelines are playing out in real circumstances. This FAQ is intended to clarify and provide additional information about some of the most common questions that have arisen. As new questions and situations come up, we will add to this shared document and place it on our district website, so you may want to check it more than once.

### **Daily Screening & Self Assessment**

#### **Daily Screening Protocols**

Use the [pre-screening tool for school attendance](#) to decide whether your child should come to school or not.

- Within the past 24 hours have you had a fever of 100.4 or used fever reducing medicine?
- Do you feel sick with any of the common symptoms of COVID-19, had vomiting/diarrhea, or felt unwell?
- Have you been in close contact with someone with COVID-19 in the last 14 days?
- Have you traveled outside of the state in the past 14 days (reference to the Governor's Executive Orders)?

#### **What if your child answers YES to any of the self-assessment questions?**

If your child has symptom(s) that could be COVID-related, DO NOT send your child to school. Please call or email your school to let them know about the absence, and they will have the school nurse check in with you.

#### **What if your child has a COVID-related symptom today and stays home, but tomorrow they are feeling better?**

The answer to this is one that is determined on a case-by-case basis; please contact your school nurse for definitive information about your child. In general terms, if they have had just one less common symptom, a return to school the next day is likely possible. However, if a child has 2 or more less common symptoms or at least one high risk symptom, there may be other steps involved, such as a doctor's note, additional time from school, etc.

### **Travel**

#### **What if you travel to another state?**

Upon return, a visit to any non-exempt state or international travel requires students to provide proof of a negative COVID test to the school nurse, or a 14 day quarantine, per the governor's order.

Updated 9.25.2020

### **What states are exempt from the Governor's Executive Orders?**

As of 9/23/2020, exempted states include MA, NH, VT, CT, NY, and NJ (Massachusetts added 9/23).

## **Testing**

### **Are there any specific locations or special directions to follow if your child is going to be tested for any reason?**

Most people have been accessing testing through their own primary care doctor. It is up to you to decide where to go to obtain a test. State-sponsored sample collection sites can be found on Governor Mills' COVID-19 site; additional options can be found at [Get-Tested-COVID19.org](https://www.get-tested-covid19.org).

### **What should you do if you are waiting for test results for your child?**

If your child has been tested, they should not return to school and will need to quarantine at home until you get the results. While you are awaiting results, students can still access their classroom remotely.

### **What do you need to do if your child tests negative for COVID-19?**

Communicate those results by faxing or emailing the negative result to your school nurse. Once this is done, your child may return to school, assuming that they are feeling well and have not been specifically instructed to stay at home by the Maine CDC or your healthcare provider.

### **What do you need to do if your child tests positive for COVID-19?**

First and foremost, make sure you are getting the medical care that you need for your child and closely follow your healthcare provider's directions. Contact the school nurse to inform them; they may have already been notified by the Maine CDC. Our nurses will connect with the state Nurse Consultant and Maine CDC to determine next steps, including contact tracing.

## **Close Contact & Quarantine**

### **Under what circumstances should you go into quarantine?**

Staying home and quarantining is required only if your child or any member of your own household has a positive COVID-19 diagnosis, if your child has been tested and is awaiting results, or if your child has been specifically instructed to quarantine by the Maine CDC or your healthcare provider. If any of these situations arise, please be sure to communicate with the school nurse.

### **What should you do if you are a "close contact" of someone with a positive COVID-19 diagnosis?**

- Stay home
- Contact the school nurse to let them know
- Follow [CDC Guidelines for quarantine and self isolation](https://www.cdc.gov/quarantine/)
- Contact your health care provider

**What is a “close contact”?**




According to the Maine CDC, close contact is generally defined as being within 6 feet of a person who has actually been diagnosed with COVID-19 for a period of 15 minutes or more.

**What if someone your child knows or lives with is considered a “close contact” to someone that tests positive? Does that make your child a close contact “once removed”, and should they be isolating too?**

There is no need to isolate unless YOUR CHILD is a close contact to someone with a positive diagnosis, or if you are instructed by the Maine CDC to quarantine, or your health care provider states that your child needs to quarantine.

**When can your child come back to school after a positive diagnosis?**

Current guidance states that a student who has tested positive for COVID-19 will NOT be able to return to school on site **until they are officially released by the Maine CDC, provide a medical note from their healthcare provider to the school nurse, and when:**

 <b>Ending COVID-19 Isolation in Non-Healthcare Settings</b>	
<b>If you tested positive for COVID-19 and:</b>	<b>You can leave your “sick room” and home when:</b>
<b>Had COVID-19 symptoms and are caring for yourself at home:</b> 	<ul style="list-style-type: none"><li>✓ At least 10 days passed since your symptoms first appeared,</li><li><b>AND</b></li><li>✓ Had no fever for at least 1 day (24 hours of no fever without the use of medicine that reduces fever),</li><li><b>AND</b></li><li>✓ Other symptoms are improved (example: cough or shortness of breath).</li></ul>
<b>Never had any symptoms and are caring for yourself at home:</b> 	<ul style="list-style-type: none"><li>✓ At least 10 days passed since the date of your first positive COVID-19 diagnostic test,</li><li><b>AND</b></li><li>✓ You continue to have no symptoms (example: no cough or shortness of breath) since the test.</li></ul>
<b>Maine CDC must release you from isolation prior to leaving your “sick room” and home.</b>	

## **Communication**

### **Who is responsible for contact tracing if there is a positive case of COVID-19 at school?**

Although this process will be started by the school nurse and building leader, Maine CDC case investigators will assume primary responsibility for contact tracing efforts.

### **What is the definition of “a close contact” in Maine schools?**

In general, a close contact is defined as someone with exposure to the confirmed case within 6 feet for 15 minutes or more. To help protect students and staff in the school and out of an abundance of caution, Maine CDC considers everyone within a classroom to be close contacts of each other. Keeping accurate attendance and location documentation on a regular basis will be critical in case it needs to be provided to the CDC.

### **What is the Maine CDC’s current recommendation for testing for “close contacts”?**

Because of the potential for asymptomatic and pre-symptomatic transmission, it is important that close contacts be quickly identified and tested. Students who are identified as close contacts must remain in quarantine for 14 days, irrespective of their test results. Quarantine and testing recommendations will be directed by the CDC.

### **What kind of notifications will occur when there is a positive case at your school? Will you even know, or is this considered confidential information?**

The Maine CDC will work with the school district to send a letter notifying all staff and families of the school that there has been a positive case (without naming specific individual(s)), providing guidance on what precautions should be taken. A separate letter with required next steps will be sent to anyone that is considered “a close contact” once the CDC makes that determination.