

WEPC Community Preschool Health Policy

When to Keep Your Child Home

WEPC Community Preschool is a well-child preschool and therefore children can't attend if they're sick.

Children must stay home if showing any of the following Covid-19 like symptoms

- Fever (100 or higher)
- Chills
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle/body aches
- Headache
- Recent loss of taste or smell
- Sore throat
- Congestion, runny nose
- Nausea or vomiting
- Diarrhea

*****If your child (or anyone in your household) is showing any Covid-19 like symptoms please talk with your child's doctor and follow their directions. You will need a note from your child's doctor before he/she can return to preschool.***

Children must also stay home if showing any of the following typical childhood illness symptoms.

Many of these overlap with symptoms of Covid-19. We will be taking an abundance of caution to protect the preschool staff and children. If your child has any of the following typical childhood illness symptoms that are also a symptom of Covid-19 (see above), you will need a note from your child's doctor before returning to preschool.

- At least first 2 days of a cold
- When he/she has been diagnosed with a contagious illness or disease
- When he/she been exposed to or has symptoms of a contagious illness or disease (such as reddened eyes, sore throat, headache, stomach pain, rash, etc.)
- When he/she is fussy, cranky and just not himself/herself (these are often signs of a coming illness)
- When he/she has
 - persistent runny nose
 - runny nose with heavy or discolored nasal discharge
 - persistent cough
 - persistent sneezing
 - nausea
 - diarrhea (should remain home for 48 hours after it has stopped without medication)
 - vomited (should remain home for 48 hours after it has stopped without medication)
 - fever of 100 degrees Fahrenheit or higher within the past 48 hours (must be fever and symptom free for 48 hours without fever reducing medication before returning to school)
 - open sores
 - new or unidentified rash
 - inflamed or draining eyes or ears
 - head lice or nits

Email the preschool director (casey@wepc.org) if you are keeping your child home due to an illness. Email the preschool director immediately if your child has any Covid-19 symptoms, has been diagnosed with Covid-19 or if anyone in your household has been diagnosed with Covid-19.

Daily Health Check

We are a well-child preschool and therefore children can't attend when they're sick. Upon arrival, the preschool staff will quickly do a daily health check before admitting the child to preschool for the day.

Covid-19 Symptom & Exposure Check

1. Does your child (or anyone in your household) have any of these symptoms?
 - Fever/chills • Cough • Shortness of breath/difficulty breathing • Fatigue • Muscle/body aches • Headache • Recent loss of taste or smell • Sore throat • Congestion • Nausea or vomiting • Diarrhea
2. Within the past 10 days, has your child (or anyone in your household) had a positive COVID-19 test?
3. Within the past 14 days, has your child had close contact (6 feet or closer for 15 minutes or more) with anyone
 - that you know has Covid-19
 - that has Covid-19 symptoms
 - is waiting on Covid-19 tests results
4. Has your child taken fever-reducing medication today?
5. If the answer to questions 1-4 is NO, your child's temperature will be taken.

Child may attend preschool if answer to all above questions is "no" and their temperature is under 100 degrees.

Sick While at School

If a child becomes sick at school, we will call parents immediately. At least one parent for each child must be available by phone at all times during preschool hours. Parents are required to pick up their child right away if their child is sick.

VDH Charts

We will be using following VDH Charts to help us make decisions. Please note 3 key differences in our policy – a doctor's note is required to return to preschool, children must stay home until fever-free for 48 hours (w/o medication) and 100 is our temperature cut off for fever.

VDH Algorithm for Evaluating a Child with COVID-19 Symptoms or Exposure (August 24, 2020)

For Parents and Guardians

***Symptoms of COVID-19** include fever ($\geq 100.4^{\circ}\text{F}$) or chills, fatigue (more tired than usual), headache, muscle aches, cough, nasal congestion or runny nose, new loss of taste or smell, sore throat, shortness of breath or difficulty breathing, abdominal pain, diarrhea, nausea or vomiting, new onset poor appetite or poor feeding.

For Schools and Childcare Facilities

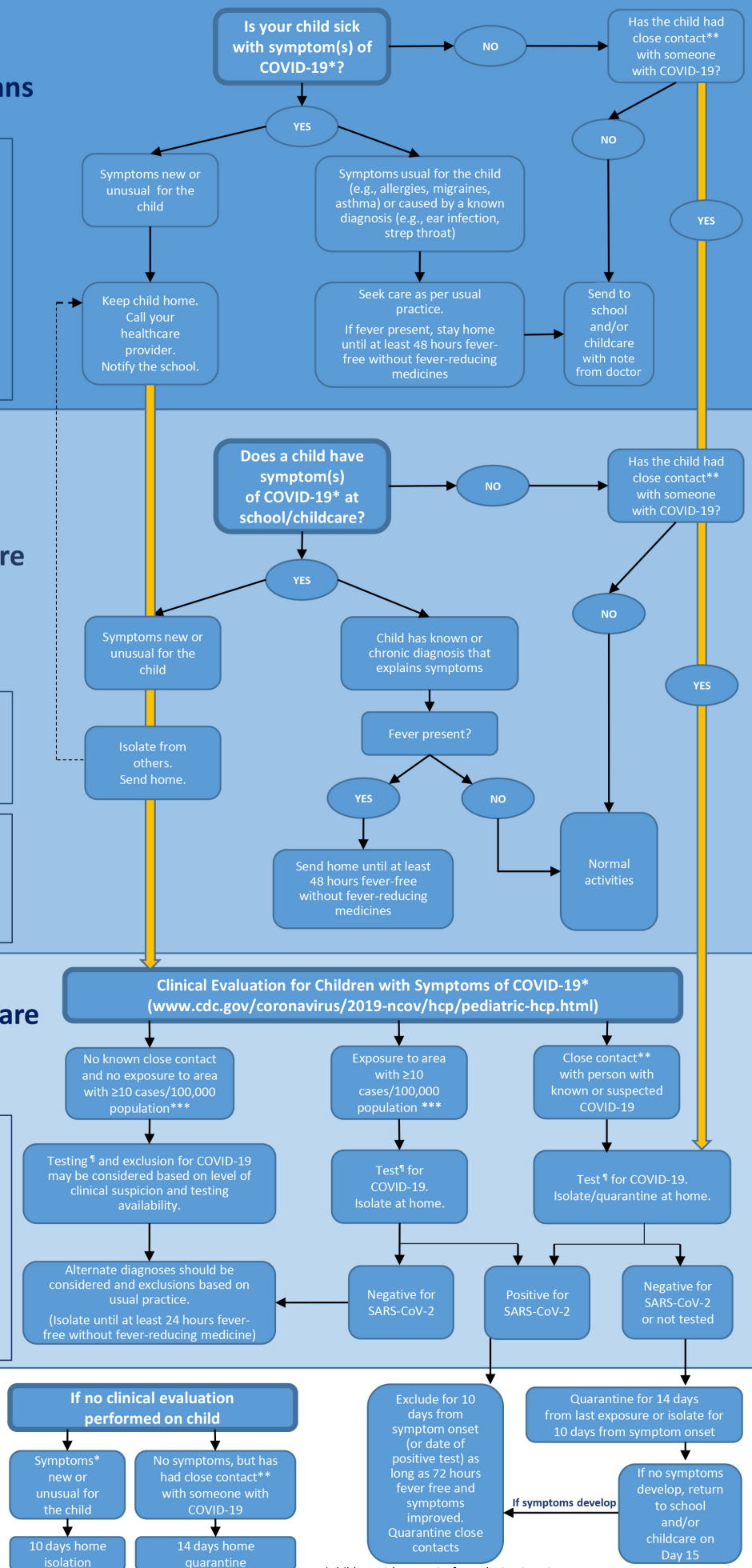
****Close contact** means being within 6 feet of a person with COVID-19 for 15 minutes or more or direct exposure to respiratory secretions

***** ≥ 10 cases per 100,000 population** Currently all of Virginia. This will be updated with a link to data on local transmission when available.

For Healthcare Providers

† Testing – PCR or antigen (Ag) testing is acceptable. If an Ag detection test is negative and there is a high clinical suspicion of COVID-19, confirm with PCR, ideally within 2 days of the initial Ag test. If RT-PCR testing is not available, clinical discretion can be used in whether to recommend the patient isolate.

Return to School and Childcare

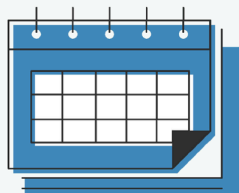


*child must have note from doctor to return

WHEN IT IS SAFE TO BE AROUND OTHERS: ENDING ISOLATION IN NON-HEALTHCARE SETTINGS

For persons with confirmed or suspected COVID-19 to know when they are likely no longer contagious:

Determining the end of isolation **WITHOUT** additional **TESTING**



If you had COVID-19 symptoms and were directed to care for yourself at home, you can leave your "sick room" and home after these 3 things have happened:

- ✓ You have had no fever for at least 3 days (that is 72 hours of no fever **without** the use of medicine that reduces fevers), AND
- ✓ Other respiratory symptoms have improved (for example, when your cough or shortness of breath have improved), AND
- ✓ At least 10 days have passed since your symptoms first appeared.

If you tested positive for COVID-19 and never had any symptoms and were directed to care for yourself at home, you can leave your "sick room" and home if:

- ✓ At least 10 days* have passed since the date of your first positive COVID-19 diagnostic (molecular) test, AND
- ✓ You continue to have no symptoms (no cough or shortness of breath) since the test.

*Note, because symptoms cannot be used to gauge where these individuals are in the course of their illness, it is possible that the duration of viral shedding could be longer or shorter than 10 days after the first positive test.

Determining the end of isolation **WITH** additional **TESTING**



If you had COVID-19 symptoms and will be tested to determine if you are still contagious, you can leave your "sick room" and home after these 3 things have happened:

- ✓ You no longer have a fever (without fever-reducing medicine), AND
- ✓ Other respiratory symptoms have improved (for example, when your cough or shortness of breath have improved), AND
- ✓ Negative results of an FDA Emergency Use Authorization COVID-19 diagnostic (molecular) test from at least 2 consecutive respiratory specimens collected at least 24 hours apart (total of 2 negative specimens)**.

If you tested positive for COVID-19 and never had any symptoms and will be tested to determine if you are still contagious, you can leave your "sick room" and home after receiving:

- ✓ Negative results of an FDA Emergency Use Authorization COVID-19 diagnostic (molecular) test from at least 2 consecutive respiratory specimens collected at least 24 hours apart (total of 2 negative specimens)**.

**All test results should be final before isolation is ended. There have been reports of prolonged detection of RNA without direct correlation to viral culture, however; detecting viral RNA via PCR does not necessarily mean that infectious virus is present.

- A longer time frame after recovery may be desired to minimize the chance of prolonged shedding of active virus for 1) healthcare personnel in close contact with vulnerable persons at high-risk for severe COVID-19 and 2) persons who have conditions that might weaken their immune system. Such persons should consult with their healthcare provider; this might include additional PCR testing.
- Healthcare personnel should be excluded from work during isolation and then follow [Return to Work Practices and Work Restrictions](#) of universal source control and self-monitoring for symptoms.
- Based on CDC guidance for [Discontinuation of Isolation in Non-Healthcare Settings](#) aimed to prevent most instances of further spread.

June 22, 2020

WHEN IT IS SAFE TO BE AROUND OTHERS: ENDING QUARANTINE AND RETURN TO WORK FOR EXPOSED PERSONS

A potential exposure means having close contact with a person with COVID-19: being within 6 feet for at least 15 minutes starting from 2 days before the person became sick (or 2 days before specimen collection if asymptomatic) until the person was isolated.

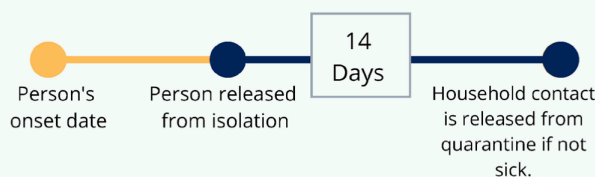
HOUSEHOLD CONTACTS



Self-quarantine (stay home) and monitor for symptoms while the person is home and for 14 days after the person has been released from isolation (because exposure is considered ongoing within the house)*.

Note: This means that the household contacts may need to remain at home longer than the initial person with COVID-19

*If you are able to have **complete separation** from the person in your house with COVID-19 (this means no contact, no time together in the same room, no sharing of any spaces, such as same bathroom or bedroom), then follow time frame for non-household contact



NON-HOUSEHOLD CONTACTS



Self-quarantine (stay home) and monitor for symptoms until 14 days after the date of last contact with the person infected with COVID-19.

