

Active Kids COVID Policies

Positive COVID case/ Close Contact exposure in the preschool classroom or OST (Out Of School Time) Program.

The Program Director as per EEC guidelines will consult with the local Department of Health (Franklin) on each case.

Possible scenarios -

48hr Look Back – Time frame is taken 48 hours prior to symptom onset/day a positive test result. If the child was not in school for 48hrs prior to either of these, the class may continue.

Less than 48hrs – the preschool class with the confirmed case would close and all students in that class would need to quarantine. For a case in the OST program, Active Kids would identify the children classed as ‘close contact’ and would then notify the families, those children would be required to quarantine.

- Close contacts who have had COVID-19 within the past 90 days: An individual who has been previously diagnosed with COVID-19 and then becomes a close contact of someone with COVID-19 is exempt from testing and quarantine response protocols if:
 - o The exposure occurred within 90 days of the onset of their own illness AND
 - o The exposed individual is recovered and remains without COVID-19 symptoms.

How long must you Quarantine?

The possible incubation period for COVID-19 is still 14 days although the majority of cases have incubation periods of fewer than 10 days¹. You will need to remain quarantined consistent with one of the quarantine options below:

OPTIONS	CRITERIA	ACTIVE MONITORING	RESIDUAL RISK
7 days of strict quarantine	<u>Release on Day 8 IF:</u> <ul style="list-style-type: none"> • A test (either PCR or antigen) taken on Day 5 or later is negative; AND • The individual has not experienced any symptoms up to that point; AND • The individual conducts active monitoring through Day 14 	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.	Approximately 5% residual risk of disease development
10 days of strict quarantine	<u>Release on Day 11 IF:</u> <ul style="list-style-type: none"> • The individual has not experienced any symptoms up to that point; AND • The individual conducts active monitoring through Day 14. 		Approximately 1% residual risk of disease development

	<ul style="list-style-type: none"> No test is necessary under this option 		
14 days of strict quarantine	<p><u>Release on Day 15 IF:</u></p> <ul style="list-style-type: none"> The individual has experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR The individual indicates they are unwilling or unable to conduct active monitoring. 	No additional active monitoring required	Maximal risk reduction

Definition of a close contact

Close contacts are defined as individuals who have been within 6 feet of a COVID-19 positive individual while indoors, for at least 15 minutes during a 24-hour period.^{[3] [4]} Please note that the at-risk exposure time begins 48 hours prior to symptom onset (or time of positive test if asymptomatic) and continues until the time the COVID-19 positive individual is isolated.

3 Note: To be a close contact, the 15 minutes must occur within a 24-hour period. Multiple brief or transitory interactions (less than a minute) throughout the day are unlikely to result in 15 minutes of cumulative contact and do not meet the definition of close contact.

4 CDC definition of Close Contact. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/community/schoolschildcare/operation-strategy.html>

WHILE YOU ARE IN QUARANTINE YOU SHOULD FOLLOW THESE INSTRUCTIONS:

- Do not leave your home except for urgent medical care. If you must leave your home for urgent medical care, wear a mask, such as a cloth mask, or a surgical mask if one is available. Call the healthcare provider before you go and tell them that you are quarantined due to COVID-19 exposure. For the protection of others, you should **not take public transportation, ride shares (e.g. Uber or Lyft), or taxis to get to your healthcare provider.**
- Wear a mask, such as a cloth mask, or a surgical mask if one is available, if you must be in contact with other people. Maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less.
- Do not have any visitors in your home.
- Maintain six feet of distance from other people in your home. If absolutely necessary, have one person help you and do not have contact with other people in your home. Wear a mask, such as a cloth mask, or a surgical mask if one is available, when in the same room as that person. In addition, try to maintain a distance of six feet from others; when this is not possible, limit your time being closer to people to five minutes or less.
- If at all possible, use a separate bedroom and bathroom. Do not share towels or bed sheets/blankets with other people in your home. If you have to use a bathroom that other people use, make sure to wipe down all touched surfaces with a disinfectant after every use.
- Do not share eating or drinking utensils. Wash utensils normally in a dishwasher or by hand with warm water and soap.
- Cover your mouth and nose with a tissue when coughing or sneezing and throw tissues away in a lined waste container. Then wash your hands.

8. Wash your hands frequently using soap and water for at least 20 seconds each time you wash. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

ANYONE YOU HAVE COME IN CONTACT WITH (INCLUDING ANYONE IN YOUR HOME) SHOULD:

1. Wash their hands with soap and water for at least 20 seconds often. If soap and water are not available, they should use an alcohol-based hand sanitizer that contains at least 60% alcohol.
2. Wear a mask, such as a cloth mask, or a surgical mask if one is available. They should be careful to only touch the parts of the mask that go around the ears or behind the head. Do not touch the front of the mask. They should wash their hands immediately after taking the mask off. In addition, they should try to maintain a distance of six feet from you; when this is not possible, limit their time being closer to you to five minutes or less.
3. Wear disposable gloves if they have to have direct contact with your body fluids (saliva/spit, mucous, urine, feces, vomit) or handle your dirty laundry. Remove the gloves carefully without touching the outside of the gloves, throw the gloves away, and wash their hands with soap and water or an alcohol-based hand rub.

ANYONE YOU HAVE COME IN CONTACT WITH (INCLUDING ANYONE IN YOUR HOME) SHOULD REMAIN AWARE OF THEIR HEALTH AND WATCH THEMSELVES FOR:

- a fever (temperature over 100.0 degrees). They should take their temperature in the morning and at night.
- other symptoms such as a cough, difficulty breathing, shortness of breath, chills, muscle or body aches, fatigue, sore throat, headache, congestion or runny nose, new onset loss of taste or smell, nausea or vomiting, or diarrhea.

IF ANYONE YOU CAME INTO CONTACT WITH HAS ANY OF THESE SYMPTOMS, THEY SHOULD GO GET TESTED AND THEN STAY HOME WHILE THEY WAIT FOR RESULTS. If they need to seek medical care, they should call their healthcare provider before they go and tell them that they may have been exposed to COVID-19.

OTHER ADVICE TO KEEP YOUR GERMS FROM SPREADING:

1. Your disposable gloves, tissues, masks and other trash should be put in a bag, tied closed, and put with other household trash.
2. Your laundry may be done in a standard washing machine using warm water and detergent. Bleach may be used but is not needed. Do not shake out the dirty laundry.
3. Surfaces in the home that you touch or that become dirty with your body fluids (saliva/spit, mucous, urine, feces, vomit) should be cleaned and disinfected with a household disinfectant according to the label directions. Wear gloves while cleaning.
4. Your bathroom should be cleaned every day using a household disinfectant according to the directions on the label. Wear gloves while cleaning.

WHEN SHOULD YOU TEST?

Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves. ^{1, 2}

Unvaccinated individuals and any close contacts presenting these symptoms should follow testing and quarantine response protocols as outlined in the first part of this document.

Vaccinated individuals who are not close contacts should follow the testing and quarantine response protocols if they are experiencing symptoms in bold. These individuals may also seek clinical guidance to assess the need for PCR testing if they have other symptoms on this list.

¹ Massachusetts DPH, Testing of Persons with Suspect COVID-19. (2020, May 13).

² <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.ht>

COVID-19 SYMPTOMS LIST:

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

RETURN TO SCHOOL POST-SYMPTOMS WITH NEGATIVE TEST

Individuals may return to school after they:

- Have received a negative PCR test result for COVID-19. Note: So long as the individual is not a close contact, if a medical professional makes an alternative diagnosis for the COVID-19-like symptoms, the individual may use this recommendation (e.g., for influenza or strep pharyngitis) in lieu of a PCR test.
- Have improvement in symptoms
- Have been without fever for at least 24 hours without the use of fever-reducing medications.

TESTS ACCEPTED BY ACTIVE KIDS.

To ensure consistency and best practice, tests are required to be conducted by a registered health professional and processed with a report produced. The tests can be either PCR or antigen. **We do not accept home tests.**

Fee COVID testing is available through the EEC, please see last page of this document for details. **We highly encourage you to use this service, please visit the website for location availability as some restrictions do apply.**

Covid Travel Policy

Active Kids follow's the current recommendations of the CDC as detailed below. To return to Active Kids Preschool or OST program a negative COVID Test will be required if unvaccinated.

“For those who are traveling while unvaccinated, the agency advises getting tested for COVID-19 one to three days before your departure, wearing a mask during your trip, and getting tested three to five days after your travel while also staying home and self-quarantining for seven days

Mask Policy

Active Kids is licensed by the EEC who strongly encourage the wearing of masks by children aged 2 and older and is mandatory for children 5 years and above whilst indoors.

It is Active Kids policy that masks should be worn by all staff and all children (regardless of vaccination status) within Preschool and the OST (Out of School Time) programs.

Masks are not worn during outdoor activities, sport and fitness activities, and swim.

By federal public health order, all children over the age of two and staff are required to wear masks on childcare transportation.

Health Checks

Families are required to conduct health checks each day before their child arrives at Active kids. If you child has any of the following symptoms, please keep them home.

- Fever (100 .0° and higher), feverish, had chills
- Difficulty breathing
- Gastrointestinal distress (nausea, vomiting, or diarrhea)
- New loss of taste or smell
- Has had close contact with a COVID-19 positive individual

Changes to Policy.

Active Kids regularly reviews its COVID policies, consults with Health professionals, follows guidance from the state and monitors the level of outbreaks in the local school system.

Families will be notified in writing of any changes to Active Kids COVID policies.

DAYS LOST QUARANTINE.

When you are required to quarantine due to exposure at the Active Kids Preschool or OST program, a credit will be issued for the days missed.

WHAT IS ACTIVE KIDS DOING TO PREVENT AN OUTBREAK OF COVID WITHIN OUR PROGRAM?

Below is a list of protocols we have in place to help prevent and limit the spread should COVID enter the classroom or After School Program.

- Wearing of masks by students and staff indoors.
- All teachers and OST staff are vaccinated.
- Frequent hand hygiene.
- Staggered snack to allow for spacing.
- Promote physical distancing when indoors by the arrangement of the activities.
- Daily sanitizing of the Children's Center.
- The Adirondack Club has made a significant investment, completely replacing, and upgrading the preschool / Children's Center HVAC system during the summer.

NO-COST COVID-19 TESTING SITES FOR CHILD CARE



ALL LOCATIONS
OPEN FROM
10:00am - 6:00pm

NO APPOINTMENT NEEDED!

Those eligible for **NO-COST** COVID-19 testing include child care employees, enrolled children, and their household members that have:

- COVID-19 symptoms
- have had close contact with anyone with COVID-19, **OR**
- have had possible exposure to anyone with COVID-19



For more information, go to:
www.mass.gov/info-details/covid-19-testing-for-child-care

For questions or inquiries, please call: 1-866-888-4003

- **Athol**
233 Reservoir Dr.,
in front of Hobby Lobby
- **Braintree**
250 Granite St.,
South Shore Plaza
- **Franklin**
598 Beaver St.,
Chilton Beach
- **Plymouth**
33 Lothrop St.,
Water 4 Lot
- **Sturbridge**
369 Main St.,
Old Sturbridge Inn
- **Swansea**
330 Swansea Mall Dr.,
Bay Coast Bank
- **Tewksbury**
365 East St.,
Tewksbury Hospital, Parking Lot S
- **Westfield**
577 Western Ave.,
Westfield State South Parking Lot

ViSiT HEALTHCARE
IN PARTNERSHIP WITH:

