



## Health and Safety Policies 2021-22

Prepared by Tremont School Health Consultant, Dr. Lauren LaGrega

*PLEASE NOTE: All health and safety protocols are subject to change as we learn more about COVID-19 through official recommendations from the state and CDC. For any additional health-related questions, please contact [covidsafety@tremontschool.org](mailto:covidsafety@tremontschool.org).*

<b>COVID Vaccinations</b>	<b>Are all Tremont School staff members or students required to be vaccinated?</b>
	Vaccinations are a condition of employment at Tremont School, subject to approved exemptions. Eligible students are strongly encouraged to get vaccinated. Please refer to the “Visitors” section for the vaccination policy for parents, community members, prospective families, building maintenance, etc. who visit indoors during school hours.

<b>Masks</b>	<b>What is Tremont School's Mask policy?</b>
	<p>In accordance with CDC and American Academy of Pediatrics' recommendations, <b>masks will be required for all students, staff and visitors</b>, <u>regardless of vaccination status</u>, except for outdoors or indoors (with social distancing) while actively eating and drinking.</p> <p>All students, staff and visitors should wear high quality, well-fitted masks, such as surgical masks, KN95, KF94, or high filtration reusable masks, which are <u>better than cloth masks</u> at protecting the wearer. Examples of high quality masks include:</p> <p><b>High Quality Mask Suggestions:</b></p> <ul style="list-style-type: none"> <li>● BLUNA, Dr. Puri, Blue and BOTN KF94 masks from <a href="http://behealthyusa.net">behealthyusa.net</a></li> <li>● LG Airwasher KF94 from <a href="https://www.everydaybeautylab.com/ppe">https://www.everydaybeautylab.com/ppe</a></li> <li>● Powecom KN95 masks from <a href="http://bonafidemasks.com/Powecom-kn-95/">bonafidemasks.com/Powecom-kn-95/</a></li> <li>● <a href="#">AirQueen Breeze</a> (comes with earloop clip), AirBon (child size) and AirQueen</li> <li>● Printed masks from <a href="https://masklab.us/">https://masklab.us/</a></li> <li>● Flat masks from <a href="https://www.armbrustusa.com/">https://www.armbrustusa.com/</a></li> <li>● Reusable high filtration masks <a href="https://www.happymasks.com/">https://www.happymasks.com/</a>, <a href="https://shopvida.com/products/protective-mask">https://shopvida.com/products/protective-mask</a>, <a href="https://enro.com/">https://enro.com/</a></li> </ul>



<p><b>COVID Testing</b></p>	<p><b>Will Tremont continue to participate in a pooled testing program?</b></p>
	<p>Yes. We will participate in the state's free Safety Check testing program, previously referred to as "pooled testing." For the safety of our community as a whole, we expect everyone to participate in this free, easy, on-campus testing weekly. <i>Given the increasing rates of breakthrough mild asymptomatic cases of COVID-19 with the Delta variant, this will help us to keep school open and protect our students too young to be vaccinated.</i></p> <p>We will also participate in the other forms of free testing offered by the state, including testing of symptomatic individuals and testing of asymptomatic close contacts called "Test and Stay." Individuals may not participate in any testing until signing a consent form or if they were diagnosed with COVID in the past 90 days.</p>
<p><b>Travel</b></p>	<p><b>What are the current travel restrictions? Will I be able to travel out of state without a test/quarantine?</b></p>
	<p>Tremont will continue to follow the latest travel guidelines from the state and CDC. We ask that all members of our community - both vaccinated and unvaccinated - review and follow state and CDC travel guidance <b>prior</b> to booking any travel, as things can change. Please refer to the <a href="#">CDC's Quick Reference Guide for Domestic Travel</a>.</p> <p><u>Vaccinated:</u> Both <a href="#">Massachusetts COVID-19 Travel Guidance</a> and <a href="#">CDC Travel guidance</a> provide that "You do NOT need to get tested or self-quarantine if you are fully vaccinated or have recovered from COVID-19 in the past 3 months. You should still follow all other travel recommendations."</p> <p><u>Unvaccinated:</u> Tremont asks <a href="#">unvaccinated people to follow the CDC recommendations</a> and obtain a viral test 3-5 days after travel and self-quarantine for a full 7 days after travel. <i>Please give Tremont at least one week's notice prior to travel that triggers testing and/or quarantine. To return to school on day 8 after travel, you must be asymptomatic AND email negative test results to <a href="mailto:tiwi@tremontschool.org">tiwi@tremontschool.org</a> in advance.</i></p>



<b>Symptoms</b>	<p><b>If a student/staff member is sick and experiencing symptoms, such as fever, cough, runny nose, what should they do?</b></p>
	<p>If any student or staff <u>regardless of vaccination status</u>: (1) has symptoms as listed below OR (2) answers “Yes” to any of the screening questions, they should remain home and contact their personal health care provider for evaluation and testing.</p> <p><i>Symptomatic students/staff must provide a negative COVID-19 PCR test and be fever free for 24 hours without fever-reducing medicine in order to return to school. A negative rapid antigen test is not sufficient for symptomatic people (even if vaccinated) and must be confirmed with a PCR/NAAT test. See <a href="#">CDC flow chart here</a>.</i></p> <p>Tremont will no longer require a daily health check Google Form to be filled out by each staff member or student. We trust as a community that parents and staff will remain vigilant and refrain from sending sick children to school or coming to work while experiencing symptoms of COVID-19.</p> <p><b>1. CDC COVID-19 Symptom List:</b></p> <ul style="list-style-type: none"> <li>● Fever (100.0° Fahrenheit or higher), chills, or shaking chills</li> <li>● Difficulty breathing or shortness of breath</li> <li>● New loss of taste or smell</li> <li>● Muscle aches or body aches</li> <li>● Cough (not due to other known cause, such as chronic cough)</li> <li>● Sore throat, when in combination with other symptoms</li> <li>● Nausea, vomiting, or diarrhea, when in combination with other symptoms</li> <li>● Headache, when in combination with other symptoms</li> <li>● Fatigue, when in combination with other symptoms</li> <li>● Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms</li> </ul> <p><b>2. Screening Questions (stay home if any are “Yes”):</b></p> <ul style="list-style-type: none"> <li>● Has staff/student been diagnosed with COVID-19 in the past 10 days?</li> <li>● Has staff/student been identified as a Close Contact and asked to quarantine?</li> <li>● Has staff/student been directed by your local health department to self-quarantine in the past 14 days?</li> <li>● Does staff/student have a COVID-19 test pending (other than test done at school)?</li> </ul>



<b>Student/Staff Test COVID Positive</b>	<b>If a student/staff test positive for COVID-19, when can they return to school?</b>
	<ul style="list-style-type: none"> <li>● All individuals (<u>regardless of vaccination status</u>) who test positive for COVID-19 must isolate for a minimum of 10 days after symptom onset or date of test.</li> <li>● Please notify Tremont immediately of your diagnosis so we can begin contact tracing by emailing <a href="mailto:covidsafety@tremontschool.org">covidsafety@tremontschool.org</a>.</li> <li>● Return to school will be based on a minimum of 10 days of isolation time and your symptoms have improved.</li> <li>● Repeat testing prior to return to school is not recommended.</li> <li>● <i>Please do not participate in pooled testing programs for at least 90 days after a positive test.</i></li> </ul>
<b>Close Contacts</b>	<b>How do I know if I'm a "close contact"?</b>
	<p>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. <b>All students, staff, visitors and volunteers identified as close contacts must test and quarantine unless they qualify for one of 3 exemptions.</b></p> <p><i>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.</i></p> <p><b>Exemptions from testing and quarantine:</b></p> <ul style="list-style-type: none"> <li>● <u>Vaccinated and Asymptomatic close contacts</u>: Individuals who are asymptomatic and fully vaccinated are exempt from testing and quarantine response protocols. <b><i>Tremont strongly recommends this group participate in "Test and Stay."</i></b></li> <li>● <u>Classroom close contact, minimum 3' distance</u>: An individual who is exposed to a COVID positive individual in the classroom while both individuals were masked AND spaced at least 3 feet apart at all times, is exempt from testing and quarantine response protocols. <b><i>Tremont strongly recommends this group participate in "Test and Stay."</i></b></li> <li>● <u>Close contacts who have had COVID-19 within the past 90 days</u>: 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: <ul style="list-style-type: none"> <li>○ The exposure occurred within 90 days of the onset of their own illness AND</li> <li>○ They recovered and remain without COVID-19 symptoms.</li> </ul> </li> </ul>



<b>Test and Quarantine Rules for Close Contacts</b>	<b>I am a “close contact” - what do I need to do?</b>
	<p><u>I am Unvaccinated/Asymptomatic AND Participate in the “<b>Test and Stay Program</b>”:</u></p> <ul style="list-style-type: none"> <li>● Quarantine at home for at least 7 days from the date of exposure</li> <li>● <b>Break quarantine ONLY to come to school, as long as you:</b> <ul style="list-style-type: none"> <li>○ Are asymptomatic</li> <li>○ Wear masks in school at all times, other than when eating or drinking. When you cannot be masked (i.e., when eating or drinking) you should maintain 3 feet of distance from other individuals to the extent feasible.</li> <li>○ <b>Take a rapid antigen test (e.g., BinaxNOW) at the beginning of each school day and receive a negative result.</b> When the 7 days from date of exposure includes weekends or holidays, you should quarantine on weekends, and if you remain asymptomatic, upon return to school be tested immediately. If you remain negative, you can stay in school.</li> <li>○ Monitor for symptoms through day 14, and self-isolate at home if symptoms develop</li> </ul> </li> <li>● Duration of Test and Stay: 7 days from the date of exposure</li> </ul>
	<p><u>I am Unvaccinated/Asymptomatic and Opt NOT to participate in Test and Stay:</u></p> <ul style="list-style-type: none"> <li>● Quarantine at home for at least 7 days from the date of exposure</li> <li>● Return to School on day 8 provided that you: <ul style="list-style-type: none"> <li>○ Remain asymptomatic the whole time</li> <li>○ Take a COVID test (PCR or rapid antigen) on day 5 or later with negative result</li> <li>○ Monitor for symptoms through day 14, and self-isolate at home if symptoms develop</li> </ul> </li> </ul> <p><u>I am Fully Vaccinated/Asymptomatic:</u></p> <ul style="list-style-type: none"> <li>● Return to school immediately.</li> <li>● Monitor for symptoms and stay home and get tested if you experience symptoms</li> <li>● <b><i>Tremont strongly recommends this group participate in “Test and Stay.”</i></b></li> </ul>



<b>Learning During COVID Quarantine</b>	<b>What if my child has COVID-19 related absences from symptoms, illness, or quarantine? Can they participate in the class virtually?</b>
	<p>Yes, but in a limited capacity. Students with minimal or no symptoms but are asked to quarantine or isolate due to COVID-19 will be given some access to remote learning. This option will not be available for other absences such as vacations. We ask that parents/students work directly with their student's advisor should virtual participation be necessary.</p>
<b>Physical Distancing</b>	<b>What is Tremont's plan for physical distancing at school?</b>
	<p>We will do our best to maintain six foot physical distances when eating indoors. We encourage all students to eat outdoors as weather permits. Tremont will strive to keep students at a minimum of 3 feet apart during classes to minimize the need for contact tracing and testing.</p>
<b>Visitors</b>	<b>What is Tremont's policy on visitors?</b>
	<p>Tremont asks all indoor visitors during school hours to:</p> <ul style="list-style-type: none"> <li>● Be fully vaccinated if aged 16 and over;</li> <li>● Wear a "high quality" mask; AND</li> <li>● Complete a health screening form.</li> </ul> <p>If a visitor does not meet all of these requirements, we will try to make alternative visiting arrangements either outdoors or outside of school hours. Visitors include parents, community members, prospective families, building maintenance, etc.</p>

***Thank you for your vigilance and patience as we do our best to keep our community safe. We will share any updates with you as soon as possible and appreciate your continued support and adherence to these guidelines.***