

OZ Covid Task Force
Covid-19 Close Contact and Illness Safety Protocols
Updated October 8, 2022

These guidelines and recommendations for the OZ Full Circle preschool, Hebrew School, staff and volunteers utilize the recently updated Vermont Department of Health and CDC guidelines. They also reflect the relatively low Covid-19 hospitalization and death rates in Vermont, the availability of the new bivalent Covid vaccine, and the effective pharmacologic treatments for those at high risk or with severe illness. Covid-19 is still very much a presence in our community and continued vigilance and appropriate safety precautions are recommended.

A. Covid-19 Close Contacts Guidelines for All Students and Staff

Please review the updated CDC guidelines found here:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

The CDC no longer recommends quarantine following exposure to someone with Covid-19. Therefore, asymptomatic students and staff may continue to work and attend school. Conversely, you must stay home if you develop any Covid symptoms.

Anyone capable of wearing a face mask should do so, when with others, for 10 days following close contact exposure.

Test for Covid-19 on Day 5 (Day zero is the day of exposure). If the test is positive, stay home and follow the additional guidelines below.

B. Guidelines for Staff or Students of any age with COVID-19 Symptoms

Please review the CDC recommendations for anyone (student or staff member) who develops symptoms consistent with Covid-19. Symptoms might include feeling mildly ill, mild sore throat, runny nose, cough, or fever.

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

Stay home or go home if possible. Test for Covid-19.

Return to school or work, IF you test negative, have no fever, and have symptom improvement.

Retest in 48 hours if your symptoms persist. (See the CDC recommendations).

These steps are required for attendance at the Full Circle Preschool and OZ Hebrew School. On site testing is strongly recommended for any student with symptoms consistent with Covid-19.

C. Students and Staff with Covid-19 Infection

We recommend following the CDC guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

INFANTS AND CHILDREN UNDER 5 WITH COVID-19:

Stay home and **isolate** for 5 days.

May **return** to the Infant Room and preschool after day 5 if their symptoms have improved **AND** they have had no fever for at least 24 hours (without fever reducing medication).

If over age two, try to **continue masking** for a full 10 days unless they have two negative antigen tests, 48 hours apart starting on day 5 and after.

STUDENTS OVER AGE 5 AND STAFF WITH COVID-19:

Stay home and **isolate** for 5 days.

You may **return to school or work** after day 5 if your symptoms have improved **AND** you have had no fever for at least 24 hours (without fever reducing medication).

You are urged to **continue masking** for a full 10 days unless you have two negative antigen tests, 48 hours apart starting on day 5 and after.

If you have recurrent symptoms after day 5, you may have **rebound** Covid symptoms and you should stay home and initiate isolation again per the guidelines above.

Anyone who has been hospitalized with Covid-19 should have clearance from a health care provider for return to school or work, in addition to meeting the above guidelines. Hospitalized patients are frequently advised to isolate for longer time periods.

Additional information and education

Masking

OZCTF is following the guidelines from the Vermont Department of Health and the Burlington School District to make mask use optional in all departments and events at Ohavi Zedek including the Full Circle PreSchool, Hebrew School, and sanctuary.

The decision to lift the mask mandate does not mean that masks are discouraged. In fact, masks are still strongly encouraged. This pandemic is not over. Should Vermont experience case surges and new variants, our course of action will be reviewed and revised if needed. We encourage everyone to continue to take precautions to prevent spread of illness.

You should consider wearing a mask if you are:

- 1. Older, immunocompromised, or in close and continuous contact with a person who is unvaccinated and is at risk for COVID- 19.**
- 2. If you are a close contact to someone who has COVID-19.**
- 3. If you are still recovering from illness (COVID or non-COVID) and have returned to work.**

Here are other ways to stay safe

- 1. Stay up to date on your vaccinations, including the new bivalent booster.**
- 2. Stay home and get tested if you're feeling sick. Do not return to work or school until you test negative and you are feeling better.**
- 3. Consider choosing outdoor versus indoor activities.**
- 4. Continue maintaining good ventilation in rooms by keeping windows and doors open if possible.**
- 5. Wash hands with soap and water for at least 20 seconds, especially after prolonged contact with people.**
- 6. Do not share food from the same plate, utensils, or drinks.**