

**OZ Covid Task Force  
updated September 22, 2022**

**Covid-19 Close Contact and Illness Safety Protocol Updates**

**Updated protocols for Ohavi Zedek Full Circle preschool, Hebrew School, staff and volunteers utilizing the Vermont Department of Health and CDC guidelines**

The OZ Covid Task Force has recently met and decided to adjust our recommendations based on the updated guidelines from the CDC as well as the Vermont Department of health. Covid cases and hospitalizations remain fairly low in the state so we have kept our current recommendations regarding masking. The CDC has recently updated the guidelines for exposure to Covid-19 and we have incorporated the new guidelines in our recommendations. We have not changed the guidelines for ages 0-5 because we are waiting for the CDC and Vermont Department of Health to update their webpages incorporating the new guidelines.

**A. CHILDREN 0-17 WITH COVID-19 SYMPTOMS:**

We are strongly recommending that the Full Circle Preschool and Hebrew school require COVID testing for any children who are exhibiting any symptoms consistent with Covid. Students may return to school if they test negative and have improving symptoms and no fever but should retest in 48 hours if any persistent symptoms. We encourage on site testing if the school feels that is indicated for a student with symptoms.

A list of Covid-19 symptoms from the CDC is as follows:

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

**B. CHILDREN WHO ARE CLOSE CONTACTS OF COVID-19:**

You will be notified immediately if your child becomes a close contact at school.

**Children (non-infants) who are a Close Contact to a Covid-19 positive household member:**

If a person living in the same household as a child at Full Circle tests positive for COVID, and the child has not had a documented bout of Covid during the preceding 90 days, then the child must:

- Quarantine at home for 5 days or until the household member is out of isolation. ● Children two and older must have two negative antigen tests no earlier than days 4 and 5 of quarantine
- OR a negative PCR or LAMP test no earlier than Day 5.
- AND no symptoms.
- Children under two must have a negative PCR test no earlier than Day 5.

**Children (non-infant) who are a Close Contact (not from a household member):** You will administer an antigen test every day prior to your child's arrival at Full Circle for 5 days.

- If the daily test comes back negative and your child is symptom free, your child can attend childcare.
- If you choose to opt out of Test to Stay, your child must quarantine at home for 5 FULL days and may return to school if they are symptom free and have received EITHER:
  - Two negative antigen tests no earlier than days 4 and 5 of quarantine
  - OR a negative PCR or LAMP test no earlier than Day 5

If your child tests positive, they need to stay home and follow [Vermont Department of Health Guidance](#) for both isolation and return to child care.

**Infants who are a Close Contact (from household or non-household members)**

Since antigen tests are not as reliable for children under 2, these tests may not be used when an infant becomes a close contact of someone with Covid-19. Therefore, **they must remain home for a 5 day quarantine per the current [CDC Guidelines](#)**, and must receive a negative PCR test no earlier than Day 5 before returning to school.

**C. STAFF AND STUDENTS AGE 5-17 WHO ARE CLOSE CONTACTS OF COVID-19:**

**Per the updated CDC guidelines:**

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

**We recommend masking for 10 days per the above guidelines and testing on day 5 (Day zero is the day of exposure). We recommend continuing to mask for a full 10 days even if testing negative on day 5. Stay home if you develop any Covid symptoms.**

## **D. STUDENTS AND STAFF WITH COVID-19 INFECTIONS**

### **INFANTS AND CHILDREN UNDER 5 WITH COVID-19:**

Children in the Infant Room AND Preschool who contract COVID-19 may return to school after **5 full days of isolation and must have:**

- no fever for at least 24 hours without needing fever reducing medication
- AND significantly improved symptoms.

\*If symptoms have not subsided, children must remain home until their symptoms have improved. We would encourage students over 2 to mask if possible for a full 10 days or until they have two sequentially negative antigen tests separated by 48 hours day 5 or after.

### **STUDENTS OVER AGE 5 AND STAFF TESTING POSITIVE FOR COVID-19:**

**We recommend following the CDC guidelines:**

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

- Stay home and **isolate** for 5 days.
- You can leave your home after day 5 if your symptoms have improved AND you have had no fever for at least 24 hours without the use of medicine that reduces fevers.
- For any adult or child who has been hospitalized with Covid-19, they should have clearance from a health care provider for return to school in addition to meeting the above guidelines. Often hospitalized patients are

**advised to isolate for longer.**

- **The CDC guidelines offer additional guidance encouraging continued masking for a full 10 days in the above guidelines.**
- **If you have two sequentially negative antigen tests 48 hours apart on day 5 and after, you may remove your mask sooner than day 10.**
- **If you have recurrent symptoms after day 5, you should presume you may have rebound Covid symptoms and you should stay home and initiate isolation again per the guidelines above.**

### **ADDITIONAL PRECAUTIONS WHEN YOU HAVE COVID-19:**

**If you still have symptoms after completing isolation, you might choose to take extra precautions such as [wearing a mask](#), which helps protect you and the people around you from getting or spreading COVID-19.**

#### **Additional information and education:**

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

**We are very excited about this decision, but at the same time, we realize that this pandemic is likely not over and in the near future, we could experience case surges and new variants and our course of action could change. We encourage that each and everyone of you still continue to take precautions to prevent spread of illness despite this new and exciting change. Our decision to lift the mask mandate does not mean that masks are discouraged. In fact, masks are strongly encouraged. Here are some recommendations to help you take precautionary measures.**

**You should consider wearing a mask when 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 . If you are recovering from COVID, we recommend that you wear a mask until 10 days have passed from when you tested positive or when you started to develop symptoms.**

**Here are other ways to stay safe:**

- 1. Stay up to date on your vaccinations.**
- 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**