

OZ Covid Task Force
Covid-19 Close Contact and Illness Safety Protocols
Updated May 8, 2023

These guidelines and recommendations for the OZ Full Circle preschool, Hebrew School, staff and volunteers utilize the CDC guidelines. They also reflect the relatively low Covid-19 hospitalization and death rates in Vermont, the availability of the 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>

If you are a close contact of COVID 19, please wear a face mask for a total of 10 days following exposure. If you develop symptoms or test positive within that time frame, please stay home.

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 per CDC guidelines

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

These steps are required for attendance at the Full Circle Preschool and OZ Hebrew School.

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.

Children 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 recovery from COVID, you may have rebound Covid and you should stay home, test, 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.