



## COVID-19 Health Protocol Planning for the school year 2021-2022

Triton Regional School District's Covid-19 Protocol will continue to be updated to remain in alignment with the latest CDC and DESE Guidance.

Massachusetts' districts and schools will be **required to be in-person, fulltime, five days a week.** All distancing restrictions will be lifted however, we continue to encourage distancing as feasible, without impacting in-school learning. We will attempt a minimum of 3' distance as much as possible. Masks will be required in school buildings, however **will not** be required outside. DESE encourages schools to maintain ventilation upgrades from this past year as feasible, continue hand hygiene practices, and extend policies that encourage students and staff to continue to stay home when sick.

All current DESE guidance will be archived on the DESE website. Districts and schools may continue to refer to this guidance as helpful. We will collaborate with the Department of Public Health (DPH) to issue any additional health and safety recommendations and will provide any updates to districts and schools as we receive them.

### **Daily Symptom Screening**

Temperature checks and initial symptom screening will be the responsibility of the parent/guardian and must be done prior to the start of the school day.

Symptoms may appear **2-14** days after exposure to the virus.

Below is the full list of symptoms for which caregivers should monitor their children and staff should monitor themselves.

**Unvaccinated individuals** and any close contacts presenting with these symptoms should follow testing and quarantine response protocols.

**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.

### **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.

### Important Definitions

**Isolation:** Separates sick people with a contagious disease from people who are not sick.

**Quarantine:** Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

**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.<sup>3 4</sup> 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.

If exposed to a confirmed case, please contact your health care provider for testing instructions.

### Testing and Quarantine Exemptions

**Asymptomatic, fully vaccinated close contacts:** Individuals who are asymptomatic and fully vaccinated are exempt from testing and quarantine response protocols.

**Classroom close contacts:** An individual who is exposed to a COVID-19 positive individual in the classroom while both individuals were masked, so long as the individuals were spaced at least 3 feet apart, is exempt from testing and quarantine response protocols.

**Bus close contacts:** Individuals on buses must be masked according to federal requirements. As such, individuals who are masked on buses when windows are open are exempt from testing and quarantine response protocols.

**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: The exposure occurred within 90 days of the onset of their own illness AND the exposed individual is recovered and remains without COVID-19 symptoms.

Policy for when a **unvaccinated** individual identified as a close contact unrelated to a **school exposure** may return to school

### Release on Day 8 if:

- A test ( PCR) 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.

Individuals 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.

*Going forward, if an unvaccinated individual identified as a close contact, unrelated to a school related case, receives a negative test result, they must continue to self-quarantine for the full 7 days and actively monitor for symptoms for the full 14 days.*

*If you develop any symptoms, you must adhere to the full 14-day quarantine period even if you have tested negative. In order to adhere to this shortened quarantine time, individuals must have no symptoms up to this point; AND the individual must continue to conduct active monitoring through Day 14. If the individual tests positive during the quarantine period they will need to isolate for 10 days from symptom onset. Asymptomatic individuals will isolate from the date of their positive result.*

### Release on Day 11 if:

- No test is taken
- The individual has not experienced any symptoms up to that point; AND
- The individual conducts active monitoring through Day 14.

No test is necessary under this option. Individuals 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.

### Release on Day 15 if:

- 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.

Policy for when a **vaccinated** individual identified as a close contact **unrelated to a school exposure** may return to school.

- Vaccinated staff and students who are identified as close contacts may return to school as long as they are symptom free. You must continue to monitor for symptoms for the full 14 days after the date of exposure.

**Positive Test:** Individuals (**regardless of vaccination status**) that test positive should remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from the local board of health or MA Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least 10 days after the start of their symptoms and until at least 24 hours have passed with no fever (without fever-reducing meds) and improvement in

other symptoms. If an individual has tested positive but had no symptoms they will need to remain in isolation for at least 10 days from the day of the positive test (day of test result is day zero).

**Not Tested:** Remain quarantined for 10 days from exposure.

**Event**

**Testing Result**

**Quarantine/Return to School**

<b>Individual is symptomatic at home</b>	Individual Tests <b><u>Negative</u></b>	<p>If a student or staff member has COVID-19-like symptoms, <b>they may return to school after they have tested negative for COVID-19, have improvement in symptoms, and have been without fever for at least 24 hours without the use of fever reducing medications.</b> If a provider makes an alternative diagnosis for the COVID-19-like symptoms, the individual may return to school based on the recommendations for that alternative diagnosis (e.g., influenza or strep pharyngitis).</p>
	Individual Tests <b><u>Positive</u></b>	<p>Remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from the local board of health or MA Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least <b>10 days</b> from their symptom onset date (day zero) <b>AND</b> until at least 24 hours have passed with no fever (without fever-reducing meds), improvement in other symptoms and received clearance from the local board of health or community tracing collaborative.</p>
	Individual is <b><u>not tested</u></b>	<p><b>If a student or staff member presents COVID-19-like symptoms and chooses not to be tested, they may return to school 10 days from start of symptoms,</b> as long as their symptoms have improved and they have been without fever for at least 24 hours prior to their return to school without the use of fever reducing medication.</p>

<p><b>Individual is symptomatic on the bus or while in school</b></p>	<p>Individuals will meet with the School Nurse and will be evaluated per protocol and if the individual is sent home, they should follow-up with a medical provider for further evaluation.</p>	<p><b>Negative Test</b> If a student or staff member has COVID-19-like symptoms, they may return to school after they have tested negative for COVID-19,, have improvement in symptoms, and have been without fever for at least <b>24 hours</b> without the use of fever reducing medications. If a provider makes an alternative diagnosis for the COVID-19-like symptoms, the individual may return to school based on the recommendations for that alternative diagnosis (e.g., influenza or strep pharyngitis)</p> <p><b>Positive Test</b> Remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from the local board of health or MA Community Tracing Collaborative. Most people who have relatively mild illness will need to stay in self-isolation for at least <b>10 days</b> from symptom onset (day zero) <b>AND</b> until at least <b>24 hours</b> have passed with no fever (without fever-reducing meds), improvement in other symptoms, and received clearance from the local board of health or community tracing collaborative.</p> <p><b>Not Tested</b> Remain home quarantined for 10 days from symptom onset.</p>	<p><b>Students and staff will be dismissed from school if they have any one (1) of the following symptoms:</b></p> <ul style="list-style-type: none"> <li>● Fever (100 degrees or greater)</li> <li>● Breathing difficulty</li> <li>● New loss of taste or smell</li> <li>● New or worsening cough</li> <li>● Diarrhea/abdominal pain</li> <li>● Nausea/vomiting</li> <li>● Rash</li> </ul> <p><b>Any two (2) of the following symptoms:</b></p> <ul style="list-style-type: none"> <li>● Sore throat</li> <li>● Muscle or body aches</li> <li>● Chills</li> <li>● Fatigue</li> <li>● Headache</li> <li>● Congestion or runny nose</li> </ul> <p><b>Students may be sent home based on the severity of any single symptom based on the nurse's assessment and discretion.</b></p> <p><b>Note:</b> Any child with any of these symptoms should consider not attending school regardless of meeting dismissal criteria.</p> <ul style="list-style-type: none"> <li>● If these symptoms are explainable by an underlying condition (such as shortness of breath or cough for an individual with asthma/known allergies) dismissal may not be necessary.</li> </ul> <p><b>Parents/ Guardian or Emergency Contact must pick up a student within 1 hour of phone call for safety.</b></p>
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Event	Action	Test Result	Quarantine/Return to School
<p><b>Unvaccinated Individual is EXPOSED to Covid-19 positive individual</b></p> <p><b>Vaccinated Individuals are exempt from testing and quarantining as long as they remain symptom free.</b></p>	<p><b>Unvaccinated individuals</b> are <b>at home</b> when they learn they were in close contact with an individual who tested positive for Covid-19, should stay at home and contact their primary health care provider for testing recommendations.</p> <p>Individuals are <b>at school</b> when they learn they were in close contact with an individual who tested positive for Covid-19, should inform the teacher and be directed to the school nurse for dismissal, and should contact their primary care provider for testing recommendations.</p>	<p>Individual tests <b>Negative</b></p> <p>Individual tests <b>Positive</b></p> <p>Individual <b>is not tested</b></p>	<p>Individuals must be quarantined for <b>7 days</b> from last exposure if they test negative after day 5.</p> <p>Remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist the school in contact tracing efforts, and answer the call from the local board of health or MA Community Tracing Collaborative.</p> <p><b>Self-isolation for COVID-19 positive cases is a minimum of 10 days.</b> Most people who test positive and have a relatively mild illness will need to stay in self-isolation for at least <b>10 days</b>. People who test positive can resume public activities after 10 days and once they have: gone for 24 hours without a fever (and without taking fever-reducing medications like Tylenol); and experienced improvement in other symptoms (for example, their cough has gotten much better); and received clearance from public health authority contact tracers (the local board of health or Community Tracing Collaborative).</p> <p>Remain quarantined for <b>10 days</b> from exposure</p>

# Start and End Quarantine Scenarios for Unvaccinated Individuals

<p><b>Scenario 1:</b></p> <p>Close contact with someone who has COVID-19-<b>Will not have further close contact</b></p>	<p>I had close contact with someone who has COVID-19 and <b>will not have further contact or interactions with the person while they are sick (co-worker, friend, neighbor)</b></p>	<p>Your last day of quarantine is 10 days from the date you had close contact or 7 days if tested negative.</p> <p><b>Date of last close contact with person who has COVID-19 + 10 days = end of quarantine or + 7 days with a negative result.</b></p>
<p><b>Scenario 2:</b></p> <p>Close contact with someone who has COVID-19- <b>Live with the person but can avoid further close contact</b></p>	<p>I live with someone who has COVID-19 (roommate, partner, family member), and that person has isolated by staying in a separate bedroom. <b>I have had no close contact with the person since they isolated.</b></p>	<p>Your last day of quarantine is 10 days from when the person with COVID-19 began home isolation or 7 days with a negative result.</p> <p><b>Date person with COVID-19 began home isolation + 10 days = end of quarantine or + 7 days with a negative result</b></p>
<p><b>Scenario 3:</b></p> <p>Under quarantine and <b>had additional close contact with someone who has COVID-19</b></p>	<p>I live with someone who has COVID-19 and started my 10-day quarantine period because we had close contact. <b>What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?</b></p>	<p>Yes. You will have to restart your quarantine from the last day you had a close contact with anyone in your house who has COVID-19.</p> <p>Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.</p> <p><b>Date of additional close contact with person who has COVID-19 +10 days =end of quarantine or an additional 7 days with a negative result.</b></p>
<p><b>Scenario 4:</b></p> <p>Live with someone who has COVID-19 <b>and cannot avoid continued close contact.</b></p>	<p>I live in a household where I cannot avoid close contact with the person who has COVID-19. <b>I am providing direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.</b></p>	<p>You should avoid contact with others outside the home while the person is sick, and quarantine for 10 days after the person who has COVID-19 meets the criteria to end home isolation.</p> <p><b>Date the person with COVID-19 ends home isolation + 10 days=end of quarantine or + 7 days with a negative result</b></p>



## **Triton Student Athletes**

Triton student athlete MUST have medical clearance from their primary care provider prior to returning to school after a confirmed positive COVID-19 test. For more information regarding student athletes and COVID click here: <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

- Click here to access the return to play form: [COVID-19 Athletics Return to Play Form](#)

**Triton offers two in-school COVID-19 testing programs.**

- **BinaxNow Symptomatic Testing for students who show symptoms of COVID-19 at school**
- **Test and Stay for students who may have been exposed while in school but are not showing symptoms**

To consent for these programs, click here: <https://www.cic-health.com/consent/ma?district=null>

## **Abbott BinaxNow Testing in Schools for symptomatic staff and students**

This rapid test looks for specific COVID-19 antigens (proteins that make up the virus) that will help identify contagious individuals, but it is not a full PCR molecular test. With consent, the school nurses now have the Abbott BinaxNow COVID-19 testing supplies in their office to test symptomatic individuals. The school nurse will administer a less invasive anterior (front) nasal swab on each nostril rotating the swab 5 times per nostril, or you can perform this test independently. This rapid antigen test takes 15 minutes to get a result. See [this document](#) for a summary of the test process.

A positive test result will be treated as a true positive and the individual will be referred to their primary care and should follow state and school quarantine guidelines. This ability to rapidly identify positive individuals will help reduce the risk of in-school transmission.

Note: Rapid positive and negative results will be accepted

## **Test and Stay Program**

The Test and Stay program is a testing initiative intended for asymptomatic close contacts of individuals with confirmed COVID-19. This testing program will allow asymptomatic close contacts to remain in school if they receive an individual rapid antigen test (BinaxNow) each school day for seven days and test negative, as well as remain asymptomatic

## **Rapid BinaxNow testing and Test and Stay Consent Form:**

<https://www.cic-health.com/consent/ma?district=null>

## **Other important information from the Health Office during this pandemic**

### **Immunizations**

- Immunization requirements will be maintained to reduce the overall burden of disease regardless of remote or hybrid schedule. The deadline for required vaccinations will be November 4, 2020. There is no longer a mandate ordered to receive the flu vaccine.
- At this time it is recommended that you make the school nurse aware of your COVID-19 vaccination status, however this is not required.

Click below for immunization requirements for school entry for 2020/2021

<https://www.mass.gov/doc/immunization-requirements-for-school-entry-0/download>

Warm Regards,

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