

# Lyme Nursery School

## COVID Policy — September 22, 2022

### Overview

Like many schools in the area, Lyme Nursery School largely plans to follow the [latest CDC guidance](#) going forward for Early Childhood Education programs for the 2022-23 school year, interpreting that guidance where necessary to meet the specific circumstances of our program. The following policies are meant to provide clarity on how that guidance will be implemented at LNS, and hopefully resolve areas that are open to interpretation.

### What Do I Do if My Child is Sick?

⇒ **Follow our Illness Policy in the Parent Handbook.** Any symptomatic illness falls under Lyme Nursery School's newly revised Illness policy (excerpted at the end of this document, for reference).

⇒ **If your child has any symptoms of COVID, please (1) keep them home, (2) test for COVID and (3) notify the school of the test result.** COVID symptoms include: flu or cold symptoms, including: cough, shortness of breath or difficulty breathing, sore throat, nasal congestion or runny nose, fatigue, muscle or body aches, headache, new loss of taste or smell, nausea or vomiting, diarrhea.

### What COVID tests should I use?

If your child is experiencing symptoms you can test them immediately. If your child was exposed but not experiencing symptoms you can begin testing on Day 5 after the exposure. You may either use:

⇒ **2 rapid at-home antigen tests, spaced 48 hours apart**

– OR –

⇒ **1 PCR test**

Please notify the Director or your student's classroom teacher via email or text of test results. If you are struggling to find at-home tests or find them cost-prohibitive, please contact the Director.

*For reference, see CDC guidance ["COVID-19 Testing: What You Need to Know" \(Aug. 11, 2022\)](#).*

## What is the Mask Policy?

**Masks Are Optional.** Masking is optional at Lyme Nursery School and supported upon a parent or guardians' request. Please let a teacher know if you prefer that your child wear a mask during the day, and supply them with multiple high-quality masks, as the masks frequently get dirty and wet and often need to be changed.

**High Quality Masks (child-sized KF94s, KN95s, or similar) are recommended, and will be supplied if needed.** Cloth or loose-fitting masks are not recommended. If needed, LNS will provide high-quality masks onsite, but we ask that parents or guardians who are able to, provide their children with high-quality masks if possible.

## What happens if the students are exposed to a COVID-positive case at school?

⇒ **The community will be notified of the day of the exposure, and students who were in the classroom on that date will be asked to mask through Day 5 from the time the exposure occurred.** It is recommended that families test their child the 5th day after exposure and mask up to 10 days, according to the CDC. For reference you can use the chart below to see what to do if your child was at school on the date of an exposure.

If your student was in school on a day with an exposure...	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Monday</b> 🦠 COVID Exposure	<b>Tuesday</b> 📞 School Notified of Case	<b>Wednesday</b> 😷 Masks on	<b>Thursday</b> 😷 Masks on	<b>Friday</b> 😷 Masks on	<b>Saturday</b> ✅ Test Recommended	<b>Sunday</b>	<b>Monday</b> 😷😷 Masks optional
<b>Tuesday</b> 🦠 COVID Exposure	<b>Wednesday</b> 📞 School Notified of Case	<b>Thursday</b> 😷 Masks on	<b>Friday</b> 😷 Masks on	<b>Saturday</b>	<b>Sunday</b> ✅ Test recommended	<b>Monday</b> 😷😷 Masks optional	
<b>Wednesday</b> 🦠 COVID Exposure	<b>Thursday</b> 📞 School Notified of Case	<b>Friday</b> 😷 Masks on	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b> 😷 Masks on ✅ Test recommended	<b>Tuesday</b> 😷😷 Masks optional	
<b>Thursday</b> 🦠 COVID Exposure	<b>Friday</b> 📞 School Notified of Case	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b> 😷 Masks on	<b>Tuesday</b> 😷 Masks on ✅ Test recommended	<b>Wednesday</b> 😷😷 Masks optional	
<b>Friday</b> 🦠 COVID Exposure	<b>Saturday</b> 📞 School Notified of Case	<b>Sunday</b>	<b>Monday</b> 😷 Masks on	<b>Tuesday</b> 😷 Masks on	<b>Wednesday</b> 😷 Masks on ✅ Test recommended	<b>Thursday</b> 😷😷 Masks optional	

In the rare event the school is notified of a COVID exposure during the school day, children and staff will wear masks until pickup. For reference, see CDC guidance: ["What to Do If You Were Exposed to COVID?" \(Aug 24, 2022\)](#).

## What happens if someone in my child's household has tested positive for COVID?

⇒ **Keep your child at home, then test at day 5 from exposure.** If your child is symptom-free and tests negative they may return to school after Day 5 from exposure.

*For reference, see CDC guidance: ["What to Do If You Were Exposed to COVID?" \(Aug 24, 2022\)](#).*

## If My Child Tests Positive for COVID, When Can They Return to School?

⇒ **If your child had no symptoms,** stay home for 5 days and wear a mask for 10 days after testing positive. The student can return on day 6, and should mask through day 10.

⇒ **If your child had symptoms,** stay home for 5 days and at least 24 hours after symptoms resolve (whichever is longer) and wear a mask for 10 days after testing positive.

*For reference see CDC guidance: ["Isolation and Precautions for people with COVID-19" \(Aug 11 2022\)](#).*

## LYME NURSERY SCHOOL ILLNESS POLICY 2022-23

If a child becomes ill during the day, their family will be notified and he or she will be made comfortable and kept away from the other children until a parent or guardian is able to come pick them up. Any child with a fever of 100.4 degrees Fahrenheit or more will be sent home.

Families will be notified of any communicable illness or diseases in the classroom, either via email, text, messaging app, or posted on the door.

Please keep your child home if he or she is not well enough to fully participate in the day's activities. The following guidelines will help you determine whether your child is ready to return to school after an illness:

- **Cold, Cough or Runny Nose:** The child must be able to participate in all activities happily and fully. Symptoms must be improving (if they are not improving or worsening, the child will be sent home).
- **Fever:** Must be fever-free (under 100.4 F) for 24 hours without medication.
- **Strep Throat:** 24 hours after medication has been started.
- **Chicken Pox:** When sores have healed and scabbed over.
- **Conjunctivitis:** After symptoms are cleared, or 24 hours after medication is started, or once cleared by a medical professional.
- **Impetigo:** 48 hours after the medication is started.
- **Head Lice:** Day after treatment, no nits, or eggs.
- **Scabies:** After treatment (2 treatments on successive days).
- **Vomiting:** 24 hours after vomiting has stopped.

For any unlisted contagious illness in the classroom, the school will advise families on the protocol for students returning to class.