

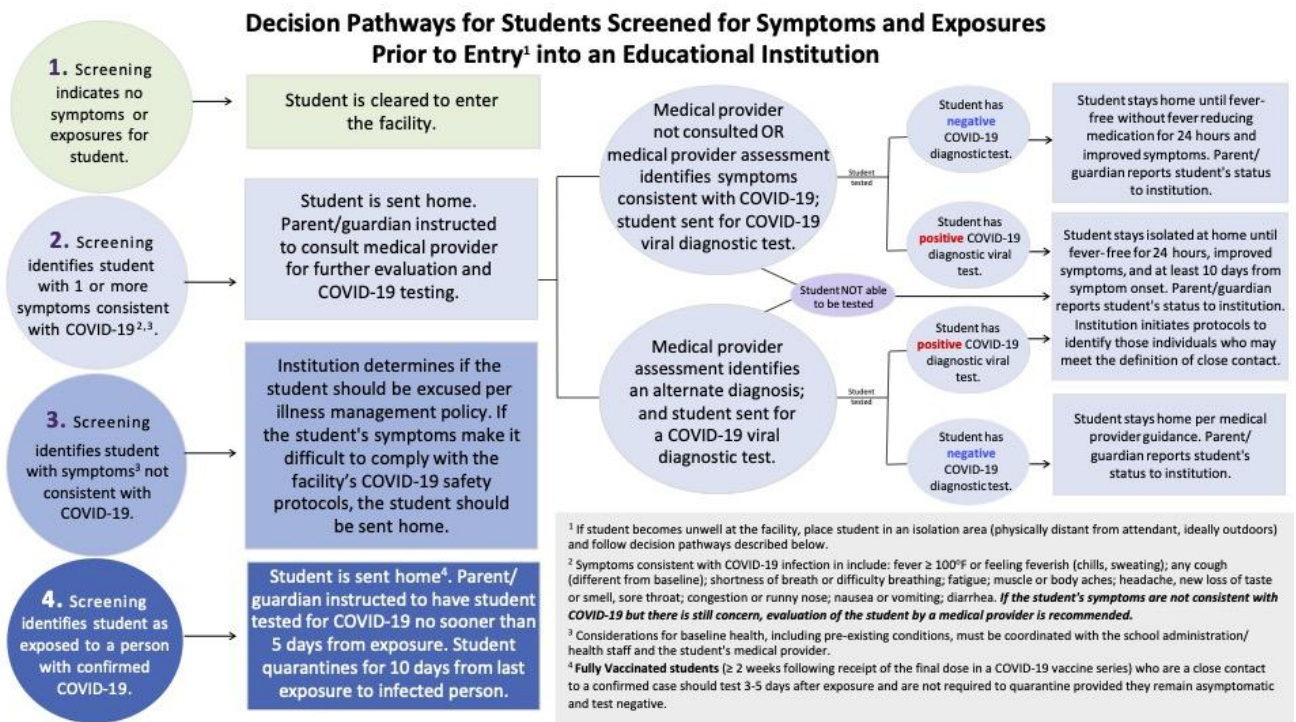
ANS Health & Safety Guidelines & Cheat Sheet 2021-22

Covid-19 Symptoms per CDC:

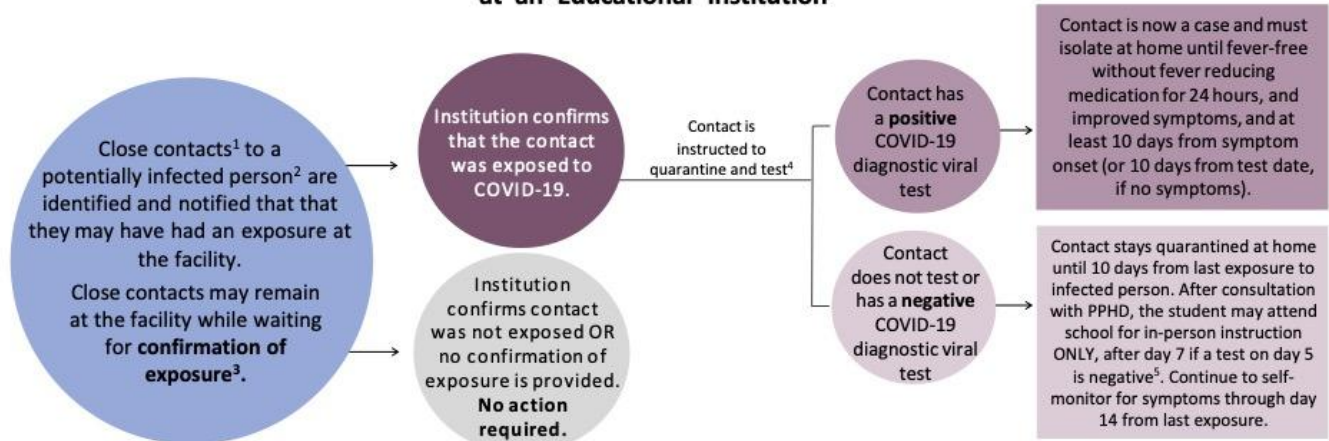
People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

- Cough
- Fever or chills
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Per the Decision Pathways chart, if a student shows 1 or more symptoms associated with Covid-19, a PCR test will be required to rule out the possibility of infection. If negative, student stays home until symptom free.



Decision Pathways for Close Contacts¹ to a Potentially Infected Person² at an Educational Institution



¹ A close contact of a potentially infected person is a student or employee at the facility who was within 6 feet for a cumulative ≥ 15 minutes over a 24-hour period with a potentially infected person (regardless of whether either person was wearing a mask) OR had direct contact with bodily fluids/secretions from a potentially infected person.

² A potentially infected person is a person with ≥ 1 symptoms consistent with COVID-19. Symptoms include fever ≥ 100°F or feeling feverish (chills, sweating); any cough (different from baseline); shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache, new loss of taste or smell, sore throat; congestion or runny nose; nausea or vomiting; diarrhea.

³ Exposure is confirmed for a close contact to a potentially infected employee if the Institution receives notification that the potentially infected employee had a positive COVID-19 diagnostic viral test OR received a diagnosis of COVID-19 from a medical provider.

⁴ Fully Vaccinated students (≥ 2 weeks following receipt of the final dose in a COVID-19 vaccine series) who are a close contact to a confirmed case should test 3-5 days after exposure and are not required to quarantine provided they remain asymptomatic and test negative. They must self-monitor for symptoms through day 14 from last exposure.

⁵ Students with a negative test on day 5 after exposure may end quarantine to return to school for in-person instruction after day 7 provided they (1) are asymptomatic, (2) continue to appropriately mask, as required, and (3) continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting.

FastScreen Text Daily Health check: If you answer 'yes' to either question, you will be advised not to bring your child(ren) to school that day.

In the last 14 days, have you or anyone in your household had close contact with someone who has or is suspected to have COVID-19?

In the last 24 hours have you/your child(ren) experienced any of the following symptoms?

- Fever (over 100.4F)
- Headache
- Cough
- Congestion/runny nose
- Sore Throat
- Shortness of breath
- Chills
- Muscle Aches
- Lost of taste or smell
- Gastrointestinal problems (diarrhea, nausea, vomiting)

From the Parent Handbook 2021-22:

12. Health Guidelines for Children, Workday Parents and Staff Members Illness

In the interest of public health, as well as the well-being of all children, we follow Department of Social Services (DPSS) requirements, as well as Southern California Association for Education of Young Children (SCAEYC) guidelines.

These guidelines apply to anyone attending or working at ANS.

1. Children or working/volunteering adults who have a contagious or communicable disease cannot attend school.
2. The teachers may determine, based on presumption of contagiousness or extra care required, whether or not a child may remain at school. If it is determined that a child is ill, the parent will be notified immediately and expected to pick up the child as soon as possible.
3. Children or working/volunteering adults must stay home from school if they have:
 - One or more symptoms consistent with COVID-19. Symptoms, which include fever $\geq 100^{\circ}\text{F}$ or feeling feverish (chills, sweating); any cough (different from baseline); shortness of breath or difficulty breathing; fatigue; muscle or body aches; headache, new loss of taste or smell, sore throat; congestion or runny nose; nausea or vomiting; diarrhea. *The symptomatic person cannot return to school until cleared by the school Interim Directors under guidance from CDC and Health Department guidelines.*
 - Excessive greenish or yellowish nasal discharge
 - Conjunctivitis (pink eye)
 - Diarrhea
 - Nausea or vomiting
 - Lice or lice eggs
 - Chicken pox (minimum of seven days from outbreak or until all sores are healed)
4. Please have questionable rashes checked by your doctor before coming to school.
5. Please inform the Director(s) when your child has a contagious disease so that we can inform our membership. The child's name is always withheld for confidentiality purposes (licensing requirement) unless the parent(s) of the child involved approve(s) of releasing the child's name.
6. Parents of children who have allergies, including food allergies, should discuss any restrictions in activity and diet with both the Director(s) and the child's teachers.
7. Your family doctor is the best source for information regarding symptoms of any contagious illness but the Director(s) is available if you need guidance.
8. If a contagious disease outbreak is declared in L.A. County, students who are not immunized may be excluded from attending school for the protection of the students and other members of our school community. Please read "Leave of Absence" for further information.

Please keep in mind, if your child is unable to maintain the stamina needed for school due to a prior event or other circumstance, we will call you to pick your child up early. Based on our experience, we recommend keeping a child home the day after:

- a bad night's sleep
- returning from vacation
- a trip to Disneyland or other amusement park

- a visiting family member goes home
- a trip to the hospital
- any event that overloads your child mentally and/or physically

From Community Agreement:

I / We understand any child has a temperature of 100.4F or higher they will be sent home and cannot return to school until *cleared by the school Interim Directors under guidance from CDC and Health Department guidelines*. Currently, this means the child must be fever free for 24hours minimum, without the aid of medication and symptoms have stopped.

I / We understand that parents cannot send their child to school with any symptoms of illness - a cough, fever, stuffy nose/runny nose, sore throat, diarrhea, vomiting, difficulty breathing and headache per CDC guidelines of COVID-19 symptoms in children. If a child has a runny nose due to ongoing/seasonal **allergies or shortness of breath related to asthma**, the child can attend, as long as the parents provide a **note from the child's pediatrician/and or communicate with your child's teachers if this is your child's norm**. See *ANS General Health Guidelines for more information on symptoms of illness*.

I / We understand that all illness/wellness policies outlined in this agreement are in addition to, and not in lieu of, ANS General Health Guidelines included in the ANS Parent Handbook.

SAFE SOCIAL PRACTICES AND COVID-19

I / We understand that if a *ANS community member*** is ill with symptoms consistent with COVID-19 they must notify the Interim Directors and the *community member*** cannot attend school. In order to return to school, the member must be symptom-free in accordance with [LA County Department of Public Health guidance](#).

I / We understand that if an *ANS community member*** tests positive for COVID-19, the Interim Directors must be notified. The *community member*** cannot attend school, must be tested for COVID-19, and quarantined for 10 days from the last exposure to the infected person. The *community member*** must have no symptoms of illness when returning to school in accordance with [Los Angeles County Public Health COVID-19 Quarantine Guidance](#).

I / We understand that *ANS community members*** are required to notify the school if anyone in the home knowingly came in contact with anyone who tests positive with COVID-19.

*** This includes: ANS students, siblings, parents, nannies, all staff, staff's family, any person with daily/ weekly interactions with our students or staff.*

FAQ's

Explain what happens if any unvaccinated child or adult within an ANS family is exposed to COVID-19?

If any unvaccinated child or adult in an ANS family is exposed, the entire household, regardless of vaccination status, must stay home until the exposed person's quarantine is over.

From Pasadena Public Health Dept:

Exposure: A person is considered exposed if they have been in close contact with someone who is infected.

Infectious Period: The infectious period for an infected person is 48 hours before symptom onset (or test date for persons with no symptoms) until the infected person is no longer required to be isolated.

Close Contact: A person who was within 6 feet of a Covid-19 positive person for a total of 15 minutes or more over a 24-hour period (revised per LAC DPH 10/28/20). People who live in the same household are always close contacts.

Example:

Child Jane is exposed to a positive Covid-19 case. The family should begin quarantine and Jane should get a PCR test. If the test is positive, she will isolate at home until asymptomatic for 24 hours and for at least 10 days from beginning of any symptoms *or* from 10 days of test date if asymptomatic. Adults in the household, regardless of vaccination status, must show a negative PCR test to return to ANS.

If a PCR test is negative the family should quarantine at home 10 days from Jane's last exposure to the infected person. Jane and/or siblings return to ANS after quarantine. After the quarantine period, the vaccinated parent does not need to test to return to ANS.

Explain what happens if there is one positive case at ANS?

If there is a positive case at school, we would inform the Pasadena and LA County Health Departments. Any child who was potentially exposed would follow exposure protocol and quarantine.

Example:

Jane, who attends school Mondays, Wednesdays and Fridays, shows Covid symptoms on Wednesday and stays home from school. She tests positive. Since she would have been contagious 2 days prior to showing symptoms, any child who also attended on Monday would follow exposure protocol and quarantine. Families would follow the exposure protocol described above.