

PROTOCOLS FOR SYMPTOMATIC INDIVIDUALS, COVID-19 DIAGNOSES, COVID-19 EXPOSURES AND TRAVEL

These protocols are consistent with and adhere to the guidelines of the Centers for Disease Control, Illinois Department of Public Health, Chicago Department of Public Health and Illinois State Board of Education. Bernard Zell reserves the right to impose more conservative in-person restrictions and quarantine on a case-by-case basis as it deems advisable to protect the school community.

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SYMPTOMS OF ILLNESS AND PROTOCOL

COVID-19 Symptoms

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

- Fever or chills
- New and uncontrolled cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New and severe headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

It is important to know that as this is a new illness, it may not present in ways that are obvious and may be mistaken for common illnesses such as allergies, cold, strep or stomach upset.

Consequently, per CDPH's recommendation, all symptomatic individuals should receive a COVID-19 test. If you are unclear whether your child is truly symptomatic, please exercise caution. Self-screening calls for accurate symptom reporting based on the individual's medical history. It is critically important to pay attention to your body and report any symptom you or your student are experiencing that is new, abnormal, out of the ordinary, or not in line with how you have felt before. If there is any question or concern as to whether a symptom or complaint is due to an underlying condition or could possibly be related to COVID-19, please contact your healthcare provider before coming to campus.

Protocol for persons with COVID-19 symptoms:

- Symptomatic individuals should remain home, consult with their medical provider and seek COVID testing.
- Siblings of symptomatic individuals must also remain home and be quarantined until a negative test result is received for the symptomatic individual. An earlier return may be allowed if an alternate diagnosis is made but only with express permission by the Bernard Zell nurse.
- Please use our Wellness Tracker to notify the school of your symptoms and impacted siblings.
- A Bernard Zell nurse will follow up over the course of the day. In communicating with the nurse, please let them know:
 - What are your child's symptoms
 - When did they become symptomatic
 - Whether you have sought clinical evaluation
 - Where and when you have sought testing
 - Were you recently in any gatherings, particularly with other members of the Bernard Zell community? If so, when did those occur?
- Please contact your teacher regarding missed school work as you would with any absence.
- If you need more immediate assistance, please email studentwellness@bernardzell.org

Students who become symptomatic at school (or school-related activities) will be sent home to follow the protocol above, as well as their siblings.

Clinical Evaluation

Bernard Zell recommends consulting with your pediatrician in all cases. As stated above, we further recommend COVID testing in conjunction with that clinical evaluation. In rare cases, a physician's note that unambiguously provides an alternative diagnosis may relieve the requirement for a negative COVID-19 test. For the note to be valid, the physician must have evaluated the student for this specific episode. Bernard Zell will not accept notes in lieu of testing for allergies, strep throat, or flu diagnoses and in all cases reserves the right to require testing.

COVID-19 Testing

Following CDPH recommendations, Bernard Zell may only clear a child to return to school with a negative standard PCR test. A rapid test, either PCR or antigen based, often provides clinically useful information and we suggest families pursue it if available, but such tests will still need to be confirmed by a standard PCR.

Waiting for test results or while self-isolating due to a COVID-19 infections:

- If a child is unwell, their first priority is to rest and get better.
- For students who are asymptomatic and their otherwise healthy siblings, Bernard Zell will enroll these students in a modified remote learning option. A period of 24 hours may be required to enroll the student. Please contact your Division Head if you wish to pursue this option.

Returning to Campus

If a COVID-19 test result is **negative**, students may return to campus if the following conditions are met:

1. At least 24 hours have passed since last fever without the use of fever-reducing medications
2. Symptoms (e.g. cough, shortness of breath, etc.) have improved

In rare cases, a note from the medical provider indicating an alternative diagnosis that meets the conditions stated above may be accepted. A note may also be requested if a negative PCR test result is obtained but symptoms have not improved (but are managed.)

Siblings are cleared to return once the negative PCR test is obtained as long as they are asymptomatic.

If COVID-19 testing is **not pursued and no clinical evaluation is made**, students may return to campus:

1. At least 10 days have passed since symptoms first appeared.
2. At least 24 hours have passed since last fever without the use of fever-reducing medications
3. Symptoms have resolved.

If COVID-19 testing is **positive**, the affected person should self-isolate and preferably separate within the home. Return to campus is allowed when the following conditions are met:

1. At least 10 days have passed since symptoms first appeared or if patient is asymptomatic, 10 days since test specimen was collected
2. At least 24 hours have passed since last fever without the use of fever-reducing medications
3. Symptoms (e.g. cough, shortness of breath, etc.) have improved

Other Exclusions from Campus

If a student/staff member is informed that they are a **close contact**:

- They will need to contact the BZNurse@ or Studentwellness@ to determine the appropriate quarantine option

Option 1:

Quarantine at home for 14 calendar days. Date of last exposure is considered day 0.

Option 2:

Quarantine for 10 calendar days after the close contact's last exposure to the COVID-19 case. Date of last exposure is considered day 0.

- The individual may end quarantine after day 10 if no symptoms of COVID-19 developed during daily monitoring.
- SARS-CoV-2 PCR testing is recommended and may be required by the local health department.
- The individual can maintain physical distancing and masking at all times when returning to school; for classrooms where masking is strictly adhered to as required, physical distance of 3 to 6 feet is acceptable for return.

Option 3:

Quarantine period is for seven calendar days after the last exposure if:

- No symptoms developed during daily monitoring AND the individual has a negative SARS-CoV-2 diagnostic test (PCR) that was collected within 48 hours of exposure day 7 (starting on day 6 or after).
 - The individual is responsible for obtaining a copy of the negative results for documentation purposes.
- The individual can maintain physical distancing and masking at all times when returning to school; for classrooms where masking is strictly adhered to as required, physical distance of 3 to 6 feet is acceptable for return.

Option 4:

Test to Stay Strategy, as has been documented by CDC, if schools test close contacts, on days one, three, five, and seven from date of exposure by a PCR or rapid antigen or molecular emergency use authorization (EUA)-approved test, close contacts are permitted to remain in the classroom as long as the results are negative.

- Test to Stay is only applicable when both the COVID-19-confirmed case and close contact were engaged in consistent and correct use of well-fitting masks, regardless of vaccination status (universal masking).

exposures, for both students and staff who are not fully vaccinated.

- However, if the close contact is identified five days or more from the date of exposure, adjust testing accordingly, ideally on days five and seven after the last exposure.
- When testing in the outlined cadence is not possible due to weekends and holidays, students and staff who are not fully vaccinated should be tested at the earliest possible opportunity.
- Local health departments have the authority to assess high-risk exposures and order a traditional quarantine without the option for Test to Stay.
- If at any time the student tests positive or becomes symptomatic, they should be immediately isolated and sent home, and the local health department notified.

Regardless of when an individual ends quarantine, daily symptom monitoring should continue through calendar day 14 after the exposure. Individuals should continue to adhere to recommended mitigation strategies, including proper and consistent mask use, physical distancing, hand hygiene, cough hygiene, environmental cleaning and disinfection, avoiding crowds and sick people, and ensuring adequate indoor ventilation. If any symptoms develop during or after ending quarantine, the individual should immediately self-isolate and contact their local health department or healthcare provider to report their symptoms. The health department can provide guidance on how to safely quarantine and isolate within the household.

If a member of the household is informed that they are a close contact, but not the student, the student may go to school under the following conditions:

- The close contact does not become symptomatic or tests positive for COVID-19
- The close contact separates within the home.

Siblings must stay at home if a member of the household tests positive for COVID-19:

- If the affected person is able to fully isolate within the home, siblings and other family members must quarantine for 14 days as close contacts if they remain asymptomatic.
- If isolation is not possible, siblings must first stay at home for the 10 days of the affected person's recovery, plus an additional 14 days in quarantine to ensure they pass through a potential virus incubation period.
- We recommend testing the entire family if one person tests positive. If negative, and the affected person isolates, we would recommend testing 5-9 days after the last exposure or at the first signs of symptoms.
- A negative test result, however, will not release the sibling from quarantine.

Date of return to campus following a positive diagnosis must be confirmed by the school nurse.

Travel quarantines:

- The City of Chicago maintains a **list of states** that are under emergency travel orders. Unvaccinated travelers returning from those states are asked to get a negative COVID-19 test before leaving the designated state or immediately upon return.
- Similarly, the State of Illinois maintains a list of **international destinations** that are considered high-risk. Bernard Zell also asks that unvaccinated individuals quarantine for 10 days upon returning from those destinations.

ON CAMPUS EXPOSURE PROTOCOLS

Contact Tracing

Should a student test positive, they should reach out to their Division Head and Bernard Zell nurse immediately. Alternatively, please email: studentwellness@bernardzell.org that will notify an expanded care team. Staff should email their Division Head or supervisor and COO.

- The Bernard Zell nurse or designated staff member will reach out to ask:
 - When did they become symptomatic? (In cases of asymptomatic positive cases, what day was the test taken?)
 - When were they last on campus?
 - Besides their cohort, did they have any close contact with Bernard Zell students or staff members in the 48 hours prior to becoming symptomatic or when their test was taken?
- Siblings of the student or children of the staff member will stay home or be sent home.

Close contact is defined as an individual not fully vaccinated against COVID-19 who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

- For students in the indoor classroom setting, contacts who were within 3 to 6 feet of an infected student do not require quarantine as long as both the case and the contact were consistently masked. If they were not consistently masked, then close contacts are classroom students who were within 6 feet of the infected student for a cumulative total of 15 minutes or more over a 24-hour period.
- In general, individuals who are solely exposed to a confirmed case while outdoors should not be considered close contacts.
- Consistent masking and physical distancing will limit our need to label an entire cohort or grade-level as a close contact. Each instance will be evaluated individually.
- All areas that the student occupied will be closed as soon as feasible, thoroughly cleaned and disinfected, and will be treated with an additional electrostatic spray.

Quarantining as a Close Contact

If a student is informed that they are a close contact, either individually or as a member of an affected cohort:

- They will need to contact the BZNurse@ or Studentwellness@ to determine the appropriate quarantine option

Option 1:

Quarantine at home for 14 calendar days. Date of last exposure is considered day 0.

Option 2:

Quarantine for 10 calendar days after the close contact's last exposure to the COVID-19 case. Date of last exposure is considered day 0.

during daily monitoring.

- SARS-CoV-2 PCR testing is recommended and may be required by the local health department.
- The individual can maintain physical distancing and masking at all times when returning to school; for classrooms where masking is strictly adhered to as required, physical distance of 3 to 6 feet is acceptable for return.

Option 3:

Quarantine period is for seven calendar days after the last exposure if:

- No symptoms developed during daily monitoring AND the individual has a negative SARS-CoV-2 diagnostic test (PCR) that was collected within 48 hours of exposure day 7 (starting on day 6 or after).
 - The individual is responsible for obtaining a copy of the negative results for documentation purposes.
- The individual can maintain physical distancing and masking at all times when returning to school; for classrooms where masking is strictly adhered to as required, physical distance of 3 to 6 feet is acceptable for return.

Option 4:

Test to Stay Strategy, as has been documented by CDC, if schools test close contacts, on days one, three, five, and seven from date of exposure by a PCR or rapid antigen or molecular emergency use authorization (EUA)-approved test, close contacts are permitted to remain in the classroom as long as the results are negative.

- Test to Stay is only applicable when both the COVID-19-confirmed case and close contact were engaged in consistent and correct use of well-fitting masks, regardless of vaccination status (universal masking).
- Test to Stay may be used for any indoor exposure, with the exception of household exposures, for both students and staff who are not fully vaccinated.
- However, if the close contact is identified five days or more from the date of exposure, adjust testing accordingly, ideally on days five and seven after the last exposure.
- When testing in the outlined cadence is not possible due to weekends and holidays, students and staff who are not fully vaccinated should be tested at the earliest possible opportunity.
- Local health departments have the authority to assess high-risk exposures and order a traditional quarantine without the option for Test to Stay.
- If at any time the student tests positive or becomes symptomatic, they should be immediately isolated and sent home, and the local health department notified.

Regardless of when an individual ends quarantine, daily symptom monitoring should continue through calendar day 14 after the exposure. Individuals should continue to adhere to recommended mitigation strategies, including proper and consistent mask use, physical distancing, hand hygiene, cough hygiene, environmental cleaning and disinfection, avoiding crowds and sick people, and ensuring adequate indoor ventilation. If any symptoms develop during or after ending quarantine, the individual should immediately self-isolate and contact their local health department or healthcare provider to report their symptoms. The health department can provide guidance on how to safely quarantine and isolate within the household.

If the student should become symptomatic or test positive, their **isolation** period begins from 10 days from the date they became symptomatic or their test specimen was collected.

Self-isolation and quarantining while separating within the home are very similar. Quarantined individuals can, however, leave the house in a limited fashion but should avoid socializing or areas where six feet distancing is not possible at all times.

Please note that if the student has been sent home as part of a cohort, they are considered a close contact. Other extracurricular activities are likely to have similar rules that bar the participation of students who are considered close contacts, and we expect Bernard Zell students and families to respect those rules.

Further, it is not safe to assume that students in the same cohort may quarantine together. The degree of exposure will be different across students, and regardless, quarantined individuals should not be socializing.

When self-isolating as a positive case, you should not leave your home if at all possible except to seek medical care.

As noted above, siblings of impacted cohort mates may go to school if—and only if—the close contact is able to quarantine while separating within the home.

Remote Learning

- Cohorts who are asked to quarantine upon exposure to a student will begin remote learning after a 24 hour preparation period.
- Cohorts who are not impacted by the COVID-19 exposure may also be asked to go to distance learning if the number of teachers identified as close contacts makes in-person learning infeasible.