

***Revisions are signified in red.**

Alexander Elementary School

**COVID
Health and Safety Guidelines
for**

School Year 2021 - 22

Summary

This document describes the current opening plan for Alexander School Department in School Year 2021-22, adopted by the Alexander School Committee on August 10, 2021.

This plan could change before or during the school year depending on the requirements and recommendations of the State.

It is equally important to recognize that local factors and conditions could also affect plans for the school year. Such factors could include COVID outbreaks and staffing shortages.

Model of Learning

First Student Day will be September 1, 2021.

AES will continue a 5 day in-person instructional week and will now return to a full school day. Please note **there will be no virtual learning option** for this school year, unless in the case of school closure due to COVID.

Health & Safety Measures

Screening

Students (parents/guardians) and staff will use the CDC pre-screening tool to complete a daily self-screening before arriving at school or boarding the school bus. **(Below)** Any students/staff displaying symptoms of illness should stay home.

Masks

(03/09/22) As of March 9, 2022 - masking on AES buses and in the building is optional for students, staff, and visitors per changes in State and Federal guidelines. Students/staff who are positive for COVID-19, must isolate for 5 days and can return to school only if they wear a mask for an additional 5 days (per CDC guidelines).

Hand Hygiene

Hand hygiene practices will be followed. Hand sanitizer will be available and be used upon entering the building.

Distancing

Physical distancing will be encouraged and practiced to the extent possible. As of July 2021, the Maine DOE/CDC has lifted all distancing requirements.

Cleaning / Disinfecting

ASD will follow CDC guidelines for cleaning and disinfecting the building.

Pre-Screening Tool for School Attendance

Within the past 24 hours have you had a fever* or taken fever reducing medicine?

YES =



Do you feel sick, had vomiting/diarrhea, fever*, sore throat, or felt unwell?

YES =



Have you been told to stay home and isolate/quarantine due to COVID-19 exposure?

YES =



Stay home with any YES response to the questions above.

Attend school when all answers are NO and your child is feeling well with no other symptoms of illness. Call or see your school nurse or other designated person at school if you have questions.

IF YOUR CHILD HAS ANY ILLNESS THEY SHOULD STAY AT HOME UNTIL NO FEVER FOR 24 HOURS WITHOUT TAKING FEVER REDUCING MEDICATION AND SYMPTOMS ARE IMPROVING OR GONE.

*A fever is 100.4F/38C or greater.



Updated 8.16.2021

Responding to Illnesses in the School

Students who develop [symptoms associated with COVID-19](#) will be taken to a waiting room while a parent/guardian is contacted to pick up the student. To help minimize the spread of illness, there are designated rooms and areas in the school for any student who shows symptoms of COVID. These areas are for students to wait while a parent/caregiver arrives to pick them up from school.

- Access to the waiting room(s) are restricted to the sick student and the staff caring for the student. Students who live in the same household, may be placed together in the same waiting room.
- While in the waiting room, students are required to wear a mask unless wearing one poses a danger to the student (i.e. trouble breathing). In the case a mask is not feasible, a face shield will be provided for the sick student.
- Students will be required to wait in the waiting room until being dismissed.
- School staff who interact with a student who becomes ill while at school will use extra precautions as recommended by the CDC when caring for sick people including additional PPE (i.e. goggles or face shield, gown, gloves).
- After each use, the waiting areas will be cleaned and disinfected.

Staff members who develop COVID symptoms while at school will be sent home immediately.

Students and staff who develop symptoms of COVID-19 are always recommended to contact their primary health providers for testing and care.

When Should Students Return to School After an Illness

Students who develop 1 low risk symptom associated with COVID including:

- New headache
- Body/muscle aches
- Runny nose/congestion
- Nausea/vomiting/diarrhea

...and have had no known exposure to COVID, may return to school 24 hours after symptom improving. If symptom is not improving, stay home, and contact your primary healthcare provider for a referral for testing and care.

Students who develop 2 or more low risk symptoms OR 1 high risk symptom associated with COVID:

- New, uncontrolled cough
- Shortness of breath or difficulty breathing that is not exercise induced asthma
- New loss of taste or smell
- Fever (100.4 F or higher), chills, rigors
- Sore throat

...and have had no known exposure to COVID, should stay home and contact their primary care provider and seek a COVID test.

They may return to school following a negative COVID test **or..**

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Home Based COVID Test Kits

With the wide availability and effectiveness of home testing, the Alexander School Department will now accept home-based COVID test results. Test results must be documented (i.e. picture of result emailed to the school) before the student/staff returns.

Positive Cases of COVID-19

(12/31/21) All students, teachers, or staff who test positive for COVID-19, regardless of vaccination status, shall isolate until they meet the U.S. CDC criteria for release from isolation (updated 12/27/21):

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house (e.g. come back to school).
- **Continue to wear a mask around others for 5 additional days.**

If you have a fever, continue to stay home until your fever resolves.

Close Contacts

(1/11/22) Per the Maine DOE/CDC, **contact tracing of close contacts has been suspended.** Close contacts **do not** need to be quarantined from school unless they themselves develop symptoms related to COVID-19.

Quarantine - What to do **(12/31/21)**

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home

School Provided Transportation

Per the Maine DOE/CDC - students/staff utilizing school transportation are no longer required to wear a mask while on the bus.

Parent/Caregiver Transportation

If a parent/caregiver is transporting their children to school in the morning, students should arrive no earlier than 7:30 AM and no later than 7:50 AM - to allow time for hand hygiene, breakfast, and settling in for the school day.

- Students who are being dropped off by a parent/caregiver must use the **new main entrance site of the building** (the old library entrance).

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- Parents/caregivers who arrive at school to pick up their children, must park in the main parking lot and avoid entering the building.
- Students will be dismissed from the new main entrance (old library entrance) to their parents/caregivers vehicles.

Return to School after Travel

ASD will follow Maine CDC requirements for domestic and foreign travel.

Meal Times

Students will resume eating lunches in the gym, with two lunch periods scheduled (A and B).

- Students with lunches brought from home will not be able to use the microwaves at school and should have meals that do not require heating.
- Students will practice hand hygiene before and after meals.
- Students will be provided additional space during meals to the greatest extent possible.

Bathrooms

Restrooms will be assigned according to classes to the greatest extent possible.

- Restrooms will be limited to one student at a time whenever feasible.
- Hand sanitizer stations are available.
- Restrooms will be cleaned on a routine basis.

Water Fountain

The water fountain has been retrofitted with a touchless water bottle filling station. Students are strongly encouraged to bring refillable water bottles daily.

Lockers

Students in grades 4-8 will now have access to their lockers. Students will use lockers only to store personal items such as jackets, backpacks, and shoes. Learning materials will be kept in classrooms. Students may not bring unnecessary items from home to store in lockers.

Co-curricular Activities

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It is the intention for co-curricular activities including music and physical education to resume with a focus on health and safety.

Athletics

It is the intention for co-curricular activities including music and physical education to resume with a focus on health and safety.

Visitors to the School

To help minimize the risk of exposure to illness visitors, including parents and volunteers, will be restricted from non-essential visits in the school building.

All visitors must report to the main office, sign in for contact tracing purposes, and wait in the main entrance area.

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

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has Emergency Warning Signs of COVID-19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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