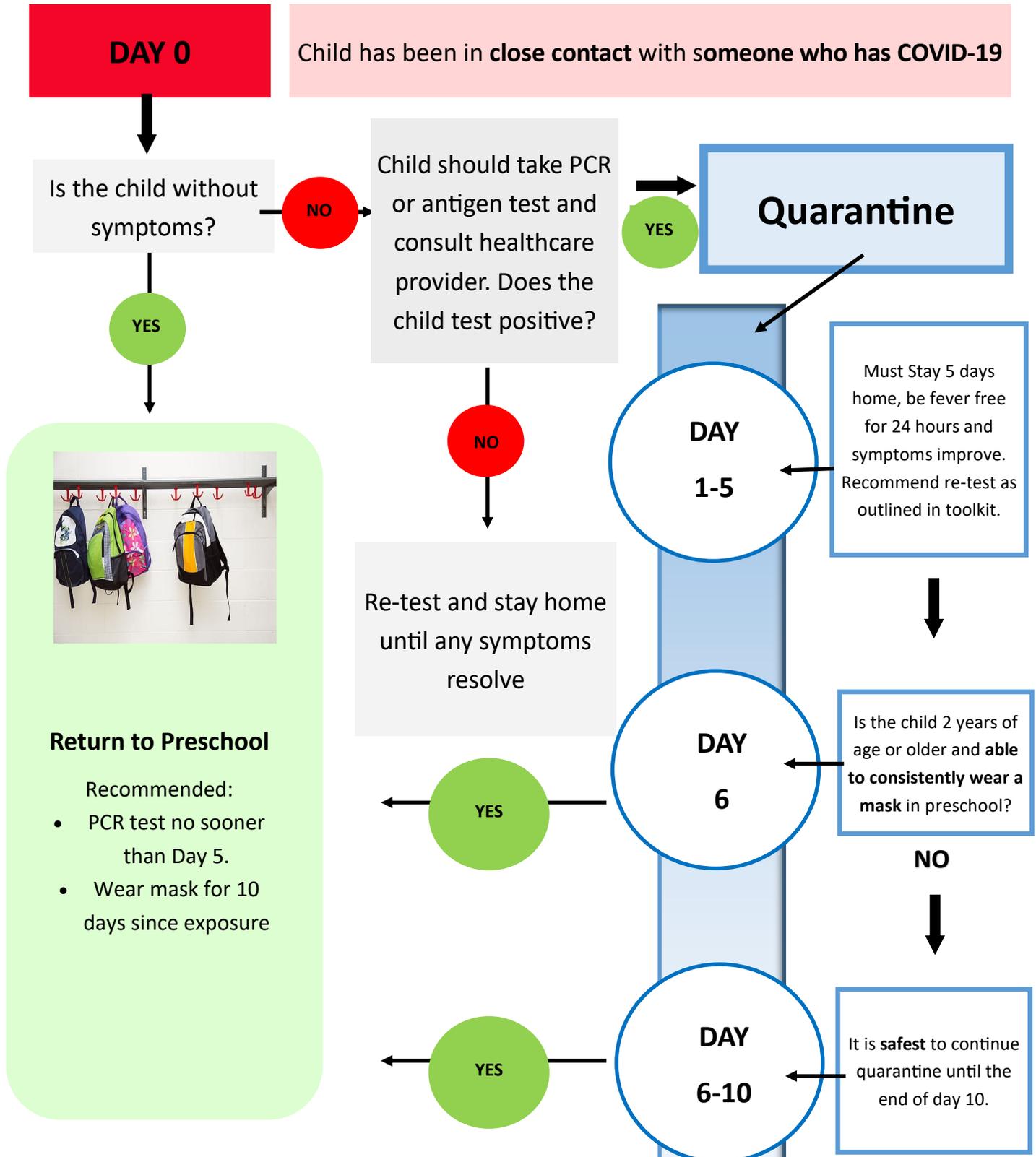


QUICK GUIDE: QUARANTINE: COVID-19

What to do when a child might have been exposed or in contact with someone with COVID

Early Childhood [NCDHS ToolKit](#)





APPENDIX A

In an effort to maintain a safe and healthy school environment, please do not send your child to school if he/she is not feeling well, especially if the following symptoms are present:

Fever greater than 100 degrees over the past 24 hours ((i.e. your child must be fever free for 24 hours without the administration of Tylenol or Motrin)

Vomiting or diarrhea within the last 24 hours (i.e. your child must be vomit and diarrhea free for 24 hours prior to the start of the school day)

Discharge from eyes with or without redness. If eyes are “crusted over” in the morning and child describes his eyes as “itchy”, this could be pinkeye. The child should be on antibiotic eye drops for at least 24 hours before returning to school.

If your child has been diagnosed with strep throat, they should be on antibiotics for at least 24 hours before returning to school. If a strep test is pending, the child should remain home until a negative result is obtained or the child has been on antibiotics for 24 hours.

Your child is taking medication in which the side effects would include diarrhea.

If you child has symptoms which may be indicative of COVID-19 (see Appendix B)

Colds and viruses are very contagious. The teachers at St. Francis Preschool stress good hand washing in an effort to prevent the spread of germs but we appreciate your help to keep classmates and teachers healthy as well.

If your child has a sibling that is sick, please do not bring them into the preschool building. Please contact the office and one of the staff members will meet you at the car.

Many times a child may be feeling run-down from a cold (or from medication used to treat a cold), if this is the case, please allow the child to fully rest up at home before returning to school.

If any of the above mentioned symptoms occur during the school day, you will be called to pick up your child from school. Please be sure that emergency and mobile numbers are accurate.



APPENDIX B

(effective as of 8/1/22)

The COVID-19 virus continues to be present in our local communities. While we have confidence in our health protocols and cleaning procedures to help minimize the risk of spreading germs, we need your assistance. To reduce the risk of COVID at pre-school, all families/staff are required to adhere to the following:

If a student or staff member tests positive for COVID-19, he/she must quarantine for a minimum of **5 days** (Day 0= day symptoms began or day specimen was collected for testing if no symptoms present). As with any illness, we will not be able to offer a tuition refund for days during the week of quarantine that a child was not able to attend.

If a student or staff member is exposed to someone who tests positive, he/she is not required to quarantine, but should be tested (PCR) no sooner than Day 5 (Day 0= day symptoms began or day specimen was collected for testing in no symptoms present) following exposure UNLESS symptoms develop. Student or staff should wear a mask for 10 days following the exposure.

For *classroom exposures*, families within that class will be notified in an email from me as soon as possible.

The list of possible COVID symptoms which suggest that testing should be completed, continues to include, but is not limited to, runny/congested nose, sore throat, fever, diarrhea, vomiting/nausea, headache, fatigue, cough, new loss of taste/smell, body aches, & difficulty breathing. If **any** of these symptoms are noted in your child, please keep them **home** and complete a COVID test. If symptoms are present, a PCR test remains the most reliable way to rule out a COVID infection, however, a negative antigen test (at-home version) or an alternative diagnosis from a healthcare provider, is sufficient in order to return. Although the COVID-19 virus has been the main concern these past couple of years, we want to limit the sharing of **any** germs as much as possible. For any signs of illness, it is recommended that you contact your primary healthcare provider.

We are **required** to exclude children from school if a student:

Has a fever

Vomits

Has diarrhea

Is unable to “participate comfortably” in activities

*These are similar to our “normal” sick policies & will warrant a phone call to come & pick up your child as soon as possible.

You can review the most up-to-date NC DHHS childcare [toolkit](#) for more detailed information.