



# Guidelines for COVID-19 Prevention

Updated November 5<sup>th</sup>, 2021

*This document may be updated to stay in alignment with evolving CDC, state and local government guidelines.*

The Waldorf School of Louisville (WSL) takes the health and safety of its community very seriously. Providing an environment for learning that meets the standards as outlined by the CDC, local and state officials is our top priority. As knowledge about the COVID-19 virus increases, regulations and guidelines can change. This is, therefore, a living document that will be amended in response to any changes.

## Prevention Strategies

### **Daily At-Home Screenings & Staying Home When Sick**

WSL was able to offer a healthy in-person classroom experience, in large part, because of the diligence of our parent community. You screened your children and kept them home in an abundance of caution when they were sick. Here are the Daily At-Home Screening questions from the CDC to guide you again this year.

Caregivers: If your child has any of the following symptoms, they might have an illness they can spread to others.

- Fever (temperature of 99.7 degrees Fahrenheit or higher)
- Cough (for students with chronic cough due to allergies or asthma, a change in their cough from usual)
- Difficulty breathing (for students with asthma, check for a change from their baseline breathing)
- Chills
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Check your child for these symptoms before they go to school every day. Check symptoms for changes from usual or baseline health. If they do not have symptoms, send them to school as usual.

## Quarantine and Isolation when appropriate

Close contacts are generally defined as individuals who spend at least 15 minutes within 6 feet of the case.

### **For close contacts who are not fully vaccinated and are experiencing symptoms:**

- If experiencing symptoms, get tested immediately and quarantine immediately (stay at home and away from other people) for a period of 14 days from the last date of exposure unless they receive different instructions from a public health official.
- If they initially test negative, test again 5—7 days after the date of their last known exposure and continue to quarantine.
- If they develop symptoms of COVID-19 or test positive, notify the school so that the school can conduct any necessary contact tracing.

### **For close contacts who are not fully vaccinated and are NOT experiencing symptoms:**

- If not experiencing symptoms, quarantine immediately (stay at home and away from other people), for a period of 10 days from the last date of exposure unless they receive different instructions from a public health official.
- A negative test result is not required if not experiencing symptoms.
- If symptoms appear during the 10-day quarantine period, please contact the WSL office. The school will give further instructions on how to proceed, per guidance from the local public health officials.

### **Close Contact Early Release Option (Per the Louisville Metro Health Department):**

- Quarantine may be discontinued when the local public health department determines the individual is safe to be around others or after day 7 if the individual is symptom-free and receives a negative COVID-19 test 5 days or later after the last date of exposure to the case. This is contingent upon teacher availability.

**Fully vaccinated close contacts** are not required to quarantine, but they should monitor for symptoms for 14 days. Fully vaccinated close contacts should:

- Get tested 3—5 days after the exposure. It is not necessary to get tested immediately when notified of exposure.
- Wear a mask indoors in public (including in schools) for 14 days following their last exposure or until their test result is negative.
  - Everyone, regardless of vaccination status, should wear a mask indoors in public in communities with substantial to high transmission, whether or not they have been exposed. Everyone should also wear a mask in K-12 schools at all times, regardless of vaccination status or the level of community transmission.
- Monitor for symptoms for 14 days, and get tested and isolate immediately if they develop symptoms of COVID-19.

Please email [Covid\\_taskforce@waldorflouisville.com](mailto:Covid_taskforce@waldorflouisville.com) to report that your child has been exposed to COVID-19 so the school can follow through with reporting, communication and cleaning protocols. We may ask some additional questions to help determine when it is safe for your child to return to school and about other people who may have been exposed.

# **Masking**

## **Early Childhood (EC)**

EC students and teachers will be required to wear a mask while indoors. Masks will not be worn outdoors. Families may apply for a medical exemption for their EC student, which must be on file in the WSL office. The medical exemption would apply to any with medical or sensory issues wherein wearing a mask would compromise their ability to function in the classroom. Masks are not required during meal times, outside play, and rest time.

## **Grades**

All students and adults will wear a mask while indoors. Masks will not be worn outdoors. Families may apply for a medical exemption for their students, which must be on file in the WSL office. The medical exemption would apply to anyone with medical or sensory issues wherein wearing a mask would compromise their ability to function in the classroom.

# **Social Distancing**

WSL Faculty is prioritizing an outdoor learning environment, with outdoor classrooms and learning spaces created for all students. Students will move indoors when inclement weather arises, or when particular activities require being indoors. Social distancing measures will be used including an attempt to maintain at least 3 feet of physical distance between students in classrooms.

Students' desks will be placed as far apart as possible. All desks will face one direction so that students sit side-to-side rather than facing one another. Shared surfaces or workstations will be disinfected between student use. Each student will have their own supplies.

# **Music, Wind Instruments, Recess and Sports**

Singing, the playing of wind instruments (including classroom recorders/flutes), as well as all activities requiring vocal projection and/or aerobic activity producing heavy breathing, will be performed outdoors. When weather does not permit being outdoors, these activities will be put on hold until it is possible to be outside.

On days of inclement weather, dulcimer players will be spaced out as much as possible and facing in one direction. All persons playing instruments will be required to wash their hands immediately prior to and following instrumental play. Additionally, dulcimers and all other ensemble instruments will be disinfected after each person's use.

Students will be required to wash their hands before and after recess.

## WSL Field Trips

**As recommended by the Louisville Metro Health Department, the Grades team will be putting field trips, day trips and overnight, on hold until our county experiences a drop in COVID-19 cases.**

## Personal Hygiene

### Hand washing

Regular hand washing is one of the best ways to remove germs and prevent spreading them to yourself and others. WSL will:

- Allow extra time in the schedule for hand washing, especially after restroom breaks, recess, using shared equipment, prior to eating, or other higher risk activities;
- Provide hand sanitizer and cleaning products (wipes and/or disposable cloths and disinfecting spray) in common areas or near shared workplace items (copy machines, computers) with at least 60% alcohol-based sanitizer for areas where hand washing is impractical.
- Hand sanitizer use will be minimized in areas serving younger children, where hand washing is preferable for safety reasons.

## Cleaning & Disinfection

Classrooms, restrooms, and other facilities will be cleaned daily. High-touch surfaces such as doorknobs, light switches, desks, computers, etc. will be cleaned and disinfected frequently. Extra time has been built into the schedule for hygiene maintenance - both handwashing and the disinfection/cleaning of surfaces.

In addition to these measures, the following extra steps will be taken in classrooms, offices and common areas:

- Children will each have their own personal classroom supplies (of pencils, crayons, paper, etc.) that they will draw from rather than using common materials when practical. Each child's supply will be labeled and stored either in a desk, individual file, or other method that ensures separation of materials.
- Materials and tools used by employees will be regularly cleaned and disinfected using registered disinfectants.

## Improve Ventilation

To address ventilation, we are:

- Prioritizing outdoor education.
- Providing an air purifier in each classroom. (HEPA Filter)
- Opening windows when possible, for increased air flow.

# Every day Practices

## Admittance to Classrooms and School Office

All visitors on campus will comply with all COVID prevention protocols including hand washing, physical distancing while inside and indoor mask wearing. Non-student family members, outside tutors, vendors, contractors, or other individuals will not be permitted entry to school buildings without prior permission from a member of the Teaching or Administrative Faculty.

## Early Childhood Daily Practices

- Daily health checks will be resumed at the gates. Teachers will be checking for any apparent symptoms, including taking temperatures with a touch free thermometer. If symptoms develop during the day, parents will be asked to pick up their children per our normal sickness protocol.
- Children with chronic allergies need a doctor's note to return to school and need to be monitored closely to be sure symptoms are not changing or escalating.
- As an added layer of protection there will be additional hand washing during the day both outside and inside.

## Grades Daily Practices

- **Daily Temperature Checks: A faculty member will be taking the temperature of each student before they exit their vehicle.**
- At morning drop off, grade one and grade two will proceed to their play yard. Grade third, fourth, and fifth will proceed to the Courtyard, and will remain separated as they wait on the deck by their respective classroom. Middle School will gather by the oak tree.
- At snack recess and lunch recess, classes will remain in morning drop off cohorts.
- At afternoon pick up, all students will gather in the gymnasium. Students will be seated on the bleachers with their teachers and will remain socially-distanced from other classes, masked as usual, and there will be no opportunity for eating. They will exit the gym to your vehicle as you arrive and they are called.

## WSL Employee Vaccination and Testing

All employees are encouraged to get the COVID-19 vaccine and must have their vaccination record on file. All employees must have the results of a COVID-19 test (negative) before returning to work on the first day of school.

## Food Service

All students should bring a prepared lunch and snacks from home, including eating utensils, a reusable water bottle, and a napkin. Refrigeration, and the capacity to heat or cook foods, is not available so parents should use an ice pack or thermos for cooling or keeping foods warm. Students will not be allowed to share food.

## Special Food Service Events

Given the very low risk of transmission from surfaces and shared objects, there is no need to limit food service approaches to single use items and packaged meals. Teachers will maximize physical distance as much as possible when preparing for meals and while eating. Food service for celebrations, fundraisers and hot lunch will no longer be restricted.

## Food Service License Detailed Requirements

Teachers will:

- Always wash hands before and after preparing or serving any snack or meal.
- Use a separate serving station for food.
- Use gloves and masks while serving food.
- Model appropriate social distancing and hygiene while eating with children.

Children will:

- Always wash hands before and after meals.
- Be spaced apart to mitigate risk.
- Not share food with others.
- May help prepare food as part of their school day activities but only for their own individual portions (in the case of uncooked food) or for food that will be cooked before serving.
- Bring a labeled water bottle for drinking.

# Illness

## **What do I do if my child has one or more of the listed COVID-19 symptoms?**

If your child has COVID-19 symptoms, we ask that you keep them home from school. Your child may return to school when approved by a medical care provider (pediatrician's note or negative COVID-19 test). Please contact WSL's office to report that your child is sick AND when you have received further information regarding the cause of their symptoms. We may ask some additional questions to help determine when it is safe for your child to return to school and about other people who may have been exposed.

CDC has a COVID-19 self-checker available on its website (see link in Further Information section), which may help you make decisions about seeking medical care for possible COVID-19.

## **What do I do if someone in a child's household has one or more of the listed COVID-19 symptoms?**

If a child is ill with symptoms, but has not been diagnosed as having COVID-19, the siblings of that child may continue to attend unless they have had a known exposure to someone who has been diagnosed with COVID-19 or they are also experiencing symptoms. If the child is diagnosed with COVID-19, the siblings must immediately quarantine if they are not fully vaccinated. Fully vaccinated siblings who have no symptoms do not have to quarantine.

## **What do I do if someone in my child's household was exposed to a person with COVID-19?**

If a household member was exposed but is not experiencing symptoms or has not been diagnosed as having COVID-19, the student may continue to attend school.

## **What happens if a student or teacher in my child's class is quarantined?**

If a child or teacher is quarantined due to exposure to COVID-19, WSL will inform you so you can be alert to the potential exposure. Your child will be able to return to school as usual unless staffing numbers require closure. WSL will notify you as soon as possible.

## **What happens if a student or teacher in my child's class is diagnosed with COVID-19?**

- If a child or teacher has tested positive for COVID-19, WSL will contact you as soon as possible with information regarding quarantine, communication and next steps. WSL will take guidance from the Louisville Metro Health Department and CDC while making quarantine decisions. All close contacts (individuals who spend at least 15 minutes within 6 feet of the case) must quarantine for:
  - 14 days from the last day of exposure if experiencing symptoms.
  - 10 days from the last day of exposure if **not** experiencing symptoms.
  - 7 days from the last day of exposure with a negative test administered on day 5 and **not** experiencing symptoms.

Fully vaccinated individuals are exempt from quarantine, as long as they have no symptoms. Vaccination records must be on file in the WSL office.

Academic lessons will be provided by the Grades lead teachers only if an entire class is quarantined. NTI and digital classes will not be offered this school year. Contact your lead teacher for more information.

### **When can my child return to school after they have been diagnosed with COVID-19?**

Children or adults who have been diagnosed with COVID-19 may return to WSL when they receive written clearance to be released from isolation by their local health department where they reside or from their physician. For children and adults with symptoms, this determination will be based on the following:

- At least 1 days (24 hours) has passed since resolution of any COVID-19 symptoms without the use of medications; AND,
- At least 14 days have passed since initial COVID-19 diagnosis.

### **When can my child return to school after being sick with another illness?**

Any child or adult with signs/symptoms of COVID-19 should stay home and should be advised to contact their healthcare provider and consider getting tested for COVID-19. The child or teacher may return to WSL once he or she has been free of any symptoms of illness for at least 24 hours without the use of medications. A negative COVID-19 test is not required to return if the symptoms have resolved, however if the individual has been tested and the results of a COVID-19 test are pending, the individual should not return until a negative result is obtained. If a provider makes a non-COVID-19 alternative diagnosis, return to school should be based upon guidance for that diagnosis. In order to return to school, a child should have been free of symptoms for 24 hours or provide documentation from a healthcare professional.

### **What does WSL do if illness is developed at school?**

An individual who develops COVID-19 symptoms during the school day will be isolated until they can be picked up and taken to a healthcare facility. Members of the Administrative Faculty caring for an isolated person will use appropriate PPE items.

Once the isolated person leaves, the room will be closed for 24 hours, cleaned and disinfected per CDC guidelines. If it is determined that the individual has COVID-19, we will then additionally follow the protocol for Response to COVID -19 Cases.

## What does WSL do in response to a positive COVID-19 case?

If someone tests positive in the school, WSL will follow these steps:

1. Notify the Health Department: WSL will follow the guidance from the health department regarding quarantines, closing physical spaces, collecting contact tracing information and any additional requirements for return to school. WSL will support the Health Department in contact tracing but is not responsible for it. WSL is required to provide the Health Department with any and all contact information we have for parents if it is requested.
2. Notify class parents and quarantine the class: The students and teachers in the class with a positive test will be sent home immediately and asked to self-quarantine for 10 days from last exposure. (We will follow Health Department guidelines for each individual case.)
3. Notify the WSL community: Families will be notified that an individual at WSL has a positive case of COVID-19. As with any illness, we will identify the specific class cohort but not the specific individual.
4. Close all spaces the infected person occupied and clean them after 24 hours, in consultation with the Health Department.

## Further Information

**CDC COVID-19 landing page:**

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

**CDC School Guidance:**

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>

**CDC Coronavirus self-checker:**

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

**LMHD COVID-19 Helpline:**

502-912-8598