



# Guidelines for COVID-19 Prevention

Updated February 22, 2022

*The WSL COVID Task Force regularly monitors recommendations provided by the CDC and by state and local government.*

The Waldorf School of Louisville (WSL) takes the health and safety of its community very seriously, by providing a healthy environment for learning. As knowledge about the COVID-19 virus increases, recommendations and guidelines change. This is, therefore, a living document amended when necessary.

# Prevention Strategies & Health Policy

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

WSL is able to offer a healthy in-person classroom experience, in large part, because of the diligence of our parent community. Families screen children and keep them home in an abundance of caution when they were sick.

**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.

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

- Please contact the WSL office to report that your child is sick.
- If your child has COVID-19 symptoms, we ask that you keep them home from school. •

Return to school options:

- A child may return to school when they receive a negative COVID test and are no longer experiencing COVID symptoms **OR**
- When you have received further information regarding the cause of their symptoms **OR**
- When your child is completely symptom free for 24 hours.

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

- The child may return to WSL once he or she has been free of any symptoms from an illness that is considered contagious for at least 24 hours without the use of medications.
- If you choose to have your child tested for COVID, the date will be determined by the test results.

## Close Contact Information:

***\*Close contacts are generally defined as individuals who have been within 6 feet of a COVID positive individual for a total of 15 minutes or more over a 24-hour period.***

**Quarantine:** the date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days.

### **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 5 days from the last date of exposure unless they receive instructions from a doctor or public health official that may extend the quarantine length.
- If they test positive, notify the school so that the school can conduct any necessary contact tracing.

### **NOT fully vaccinated and are NOT experiencing symptoms:**

- Individuals must quarantine regardless if the exposure was in school or outside of school for a period of **5 full days**. The contact may leave quarantine if they meet the following criteria:
  - o Symptom-free
  - o Receive a negative COVID-19 test on day 5 or later from date of last exposure (PCR or antigen test administered by a medical professional)
  - o Able to wear a mask in indoor school settings.

### **NOTE:**

Individuals unable to wear a mask in indoor school settings (i.e., medical mask exemptions), should self-isolate from school for **10 full days**.

### **Fully vaccinated and are NOT experiencing symptoms:**

- Are not required to quarantine, but they should monitor for symptoms for 14 days. • Wear a well-fitting mask for 10 days
- Get tested and isolate immediately if they develop symptoms of COVID-19.

### **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 the community so you can be alert to the potential exposure.

**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, everyone in the classroom is considered a close contact. *Please refer to guidelines listed above.*

- If notice of a positive case occurs during the school day, all students will be sent home immediately.
- WSL will clean all spaces the infected person occupied in consultation with the Health Department.
- Fully vaccinated individuals are exempt from quarantine, as long as they have no symptoms.

- NOTE: The above information is contingent upon teacher availability.

**Vaccination records and test results must be on file in the WSL office to qualify for shortened isolation- at home tests will not qualify as proof of negativity for early release from quarantine.**

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.

## Positive Case & Quarantine/Isolation Information

**When can my child return to school after they have been diagnosed with**

**COVID-19?**

### **Isolation**

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

### **If you HAVE symptoms:**

- Individuals must quarantine **5 days** from the date the positive test was performed OR from symptom onset, whichever comes first chronologically and if you meet the following criteria:
  - 24 hours with no fever without the use of fever-reducing medications and free of any of the systems listed in our health policy.
  - symptom-free

### **If you have NEVER had symptoms:**

- Individuals must quarantine **5 days** from the date the positive test was performed and may return on **day 6** as long as they meet the following criteria:
  - symptom free

### **NOTE:**

Individuals unable to wear a mask in indoor school settings (i.e., medical mask exemptions) should self-isolate from school for **10 full days**.

## 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 recommendations 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.)
  - *Fully Vaccinated individuals do not need to quarantine. However, they may return after the 24-hour cleaning process has been completed. Return is also contingent upon teacher availability.*
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.

**NOTE:** *If you have received a positive test result, in the event of another close contact within the next 90 days, you will **not** be required to quarantine.*

## Masking

### Early Childhood (EC)

EC students and teachers will 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.

## 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