

COVID-19

What families should know for a safe return to in-person school

Know how to communicate with your school

- Do you know how to contact the school nurse?
- Does the school have the best phone number to reach

you during the day?

Know how to screen for symptoms of COVID-19

Screen your child for symptoms every day before going to school. Students must stay home if feeling unwell. Everyone must do their part to protect others and not come to school if they are exhibiting any COVID-19 symptoms.

If your child has any of the symptoms below, they must get a PCR molecular test for COVID-19 before returning to school. If your child is kept home sick for any of the symptoms below they must also get a PCR test for COVID-19 before returning to school. The alternative is to remain at home in self-isolation for a minimum of 10 days from symptom onset.

- Fever (100.0 F or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste of smell
- Sore throat
- Headache, when in combination with other symptoms
- Muscle aches or body aches
- Nausea, vomiting or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose

If you are notified that your child was a close contact of a COVID-19 case, your child must get a test for COVID-19 and self quarantine for 14 days after the last exposure to the person who tested positive, regardless of your child's test result. A close contact is defined as being within 6 feet of the individual for 15 cumulative minutes in a 24 hours period, while the person was infectious.

Know your test site

Make a plan for where you will take your child to get tested.

Boston Children's offers a locator to find [test sites](#) that accommodates children,

<https://www.childrenshospital.org/covid19>

Contact your child's primary care physician for further instructions.

Know what to do when you get your child's COVID-19 results

Call the school nurse to discuss your child's test results as soon as you receive them, whether they are positive or negative. The nurse will provide further instructions.

For a POSITIVE TEST result, expect to do the following:

- Remain at home for at least 10 days and until symptoms have improved and the child has had no fever for at least 24 hours.
- Answer the call from the contact tracing team (local board of health or Community Tracing Collaborative) and help identify/notify close contacts to help prevent transmission. The contact tracing team will ultimately clear your child for return to school.

For a NEGATIVE TEST result

- Return to school will depend on having improved symptoms and having no fever for at least 24 hours without any fever-reducing medications.
- Check with the school nurse before returning to school.

[DESE COVID-19 PROTOCOLS](#)

Know the four measures to prevent the spread of COVID-19 in school

[Wearing masks](#)

All students will be required to wear masks that adequately cover both their nose and mouth at all times, except for designated breaks, which will occur throughout the day. Exceptions to mask/face covering requirements must be made for those for whom it is not possible due to medical conditions, disability impact, or other health or safety factors. You should provide your child with a mask to wear on the way to school and during the school day (consider also providing a backup mask in case the mask breaks or gets dirty). Cloth masks should be washed daily. Extra disposable face masks will be available if needed.

[Hand hygiene](#)

Your child will be required to perform hand hygiene (hand washing or sanitizing) upon arrival to school, before eating, before putting on and taking off masks, and before dismissal. Please help your child learn to wash hands with soap and water or hand sanitizer for 20 seconds at a time.

[Physical distance](#)

As COVID-19 is transmitted through respiratory droplets, distance between individuals reduces risk. In classroom settings, six feet of separation is recommended when feasible. When six feet is not feasible, a minimum of three feet of distance is acceptable as long as everyone is wearing a mask. Your school will assign seats and designate cohorts of students to help mitigate the transmission of the virus. Please encourage your child to follow these instructions.

[Stay home when sick](#)

Please keep your child home with any signs of illness. **If you have any additional questions please contact your child's primary care provider.**

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IMPORTANT REMINDERS:

RETURN TO SCHOOL REQUIREMENTS

- If your child is sent home or absent from school with any of the Covid-19 symptoms, **they must have a negative Covid test before returning to school.**
- Please contact your child's Primary Care Provider and request a PCR molecular test for COVID-19 before returning to school
- PCR **molecular** tests are the acceptable test.
- The results of the test **must be received by the school nurse** prior to your child returning to school.
- The **alternative** is to remain at home in self-isolation for a minimum of 10 days from the day of symptom onset
- For a negative result, return to school will depend on having improved symptoms and having no fever for at least 24 hours without any fever-reducing medications. Check with the school nurse before returning to school.

CLOSE CONTACT INFORMATION

- The CDC updated the definition of a close contact on 10/22/20.
- A close contact is now defined as:
Someone being within 6 feet of a positive Covid-19 individual for 15 cumulative minutes in a 24 hour period, while the person was infectious.
- For a **symptomatic** positive person, **the infectious period begins 2 days before symptoms began.**
- For an **asymptomatic** positive person, **the infectious period begins 2 days before the test date.**
- If you are NOT identified as a close contact, you do NOT need to quarantine.

The District will communicate with staff and families if there has been a positive case of a community member within the school setting during the defined symptomatic or asymptomatic timeline outlined above.

TRAVEL INFORMATION

- If you travel outside of Massachusetts to a red restricted state or out of the United States, your child will not be able to attend in-person learning until the following conditions are met:
Your child will need to quarantine for 14 days or will need to produce a negative Covid-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts.
- The travel guidelines **change week to week.**
- Please make sure to check the Travel Order link below before your trip.
- Children, age 10 and under, do not have to be tested (unless they have Covid symptoms), and need to follow the test results of the adults from their household. The test results of the adult(s) must be presented to the school nurse prior to the child's return to school. This guideline only applies to travel.
- Massachusetts Travel Order link:
<https://www.mass.gov/info-details/covid-19-travel-order>
<https://www.mass.gov/info-details/covid-19-travel-order#potential-other-traveler-scenarios->

The district understands that navigating the Guidelines for safety regarding Covid-19 can be difficult and stressful, we appreciate your adherence to all safety regulations. We all need to do our parts to keep each other healthy both inside and outside of the school setting. The cooperation of all APS community members is greatly appreciated. Please do not hesitate to contact your school nurse, building principal for guidance with any questions or the **Local Board of Health Consultant at 781-710-0841**