

**2020-2021 SCHOOL YEAR**



# **MEDICAL GUIDELINES: COVID-19 POLICIES & PROCEDURES**

## **MISSION STATEMENT**

Through the light of Torah and academic excellence the Hebrew Academy inspires each and every child to improve the world.



## Introduction

**The situation surrounding COVID-19 changes rapidly. Therefore, these guidelines will and must remain fluid.** The medical advisory committee will meet regularly to address issues as they come up and to revisit and revise these guidelines as needed. In particular, mask and distancing requirements will likely need to be tightened if the prevalence of COVID-19 within the community increases. Similarly, quarantine and isolation guidelines for suspected (but not yet confirmed) COVID exposure will also need to be modulated based on disease prevalence.

This document is informed by our collective clinical experiences and careful review of the current medical literature and the guidelines published by the CDC, American Academy of Pediatrics, Florida Department of Health, Department of Education, Florida Chapter of American Academy of Pediatrics, and the State of Florida. **These recommendations are the best consensus we can come to at this time in order to mitigate the risk of opening Hebrew Academy in the midst of an ongoing pandemic.**

**We do NOT expect to eliminate COVID-19 transmission in our community. We hope that we can REDUCE transmission to an acceptable level and keep Hebrew Academy open safely.** We are making the recommendation to open school because we feel that this can be done safely based on our abilities to implement appropriate safety protocols and to rapidly adapt those protocols should the need arise. We will continue to constantly monitor the situation in our school and in our greater community, and will make changes to these recommendations and this guideline document as indicated.

It is not possible to predict or account for every specific scenario that may arise during the year. **Therefore, it will be important for our school to be flexible and exercise social responsibility, and for school reopening committees and the medical committee to remain active as the year progresses.**

**We are trying to establish guidelines that we hope will be both practical and effective. We want the school to stay open, safely.**

## Guiding Safety Principles

We firmly believe, just as the AAP stated this past July, that the emotional and academic needs of children are best served by having school in-person. We are planning to open school in staggered start - five days/ week either fully in-person or with the remote learning model. Our efforts have been geared at both reducing the transmission of COVID-19 at school, and keeping in-school learning going as long as possible.

- **Hebrew Academy established cohorts of students** (i.e. create “classes”), with as few kids in a cohort as possible. If class/cohorts have to be mixed, Hebrew Academy will provide a double barrier (i.e. combination of mask and distancing or face shield) between them.
- **Restriction of large indoor gatherings within the school.**
- **Requiring universal masking and distance** (aiming for six feet as per Florida State guidelines). We will work to create a school culture wherein masks are viewed in a positive light and as “the norm.” Mask breaks will happen, but will be limited to situations where distancing or cohorting are strictly maintained.
- **Students and staff must stay home when sick or when exposed** to someone who is sick as per the CDC guidelines. We ask all parents and staff to be vigilant for symptoms and we implore communication with facility management immediately if or when they start to feel sick.
- **Hebrew Academy established remote learning** (HAConnectED) capabilities for students who must stay home while school is in session.

## Masking Policy

COVID-19 spreads mainly from person to person through respiratory droplets produced when an infected person coughs, sneezes, talks, or raises their voice (e.g., while shouting, chanting, & Tex singing). These droplets can land in the mouths or noses of people who are nearby and can possibly be inhaled into the lungs. Recent studies show that a significant portion of individuals with COVID-19 lack symptoms (are “asymptomatic”) and that even those who eventually develop symptoms (are “pre-symptomatic”) can transmit the virus to others before showing symptoms.

To reduce the spread of COVID-19 public settings when around people outside of their household, especially when other social distancing measures are difficult to maintain.

### **Why it is important to wear a mask:**

- Masks may help prevent people who have COVID-19 from spreading the virus to others. Wearing a mask will help protect people around you, including those at higher risk of severe illness from COVID-19.
- Masks are more likely to reduce the spread of COVID-19 when they are widely used by people in public settings.
  - It protects up to 30% of the people who wear the mask and that number increases when you add social distancing and handwashing.

### **Protocol**

#### **Students:**

- Cloth masks or 3 ply surgical disposal masks are allowed. Students will NOT be allowed to wear a mask with an exhalation valve. Neck gaiters or bandanas are also NOT allowed.
- Students must wear masks on campus, including arrival and dismissal, while walking between the carpool and the classrooms.
- Students will have “mask relaxed breaks” throughout the day that include breaks, eating, PE and recess.
- Students are not allowed to share masks.
- Cloth or other reusable masks should be cleaned daily.
- There are no exemptions for students who “can’t wear a mask.”

#### **Teachers and other staff (ALL ADULTS in the building):**

- All Staff must wear masks while on campus. We highly recommend the use of goggles or a face shield. Face shields alone are not fully protective, and do not replace masks when masks are indicated
- We encourage the use of N95 (without valve). Cloth masks with an exhalation are NOT allowed. Staff will also not be allowed to wear neck gaiters or bandanas.
- All medical exemptions for masks will be reviewed by the Medical Advisory Committee.

## Hand Hygiene

- Hebrew Academy will place hand sanitizer at the entrances to all classrooms and common areas. Students and staff should “scrub in and out” whenever they enter or leave their classrooms.
- Students and staff should use hand sanitizer as they exit the car and enter the school building each morning.
- Students and staff should wash their hands with soap and water **for 20 seconds** or use hand sanitizer before and after PE, recess, and lunch.
- Good hand hygiene practices will be emphasized and refreshed throughout the school year.
- Teachers, staff, and students will have training on the proper wearing of masks (i.e. covering both mouth and nose).

## School Attendance

- **Staff and students should not come to school if they are sick.**
- **Hebrew Academy will not penalize students for school absence due to sickness.**

## Health Screening

- This year, all students are strongly recommended to get the flu shot prior to November 1, 2020.
- Please purchase a home thermometer to be kept at home for frequent and simple health checks.
- If your child has asthma, please send an inhaler and spacer instead. No **nebulizer treatments** will be given to any student on school property.
- All students must have up-to-date health forms, including emergency contacts, and contact information for their pediatrician.
- Check for signs of illness for all staff and students at entry each day.

### COVID-19 symptom screening:

- a. The number of reported children with SARS-CoV-2 (the virus that causes COVID-19) infection who experience symptoms, the types of symptoms they experience, and the severity of those

symptoms differs from adults. CDC does not currently recommend universal symptom screenings be conducted by Hebrew Academy.

- b. Given the wide range of symptoms and the fact that some people with SARS-CoV-2 infection (the virus that causes COVID-19) are asymptomatic, there are limitations to symptom screening conducted by Hebrew Academy for the identification of COVID-1
- c. Parents or caregivers are strongly encouraged to monitor their children for signs of infectious illness every day.
- d. Symptom screenings will fail to identify some students who have SARS-CoV-2 infection. Symptom screenings are not helpful in identifying individuals with SARS-CoV-2 infection who are asymptomatic or pre-symptomatic (they have not developed signs or symptoms yet but will later).

**People with COVID-19 have had a wide range of reported symptoms – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to SARS-CoV-2. Symptoms can include:**

Fever or chills  
Cough  
Shortness of breath or difficulty breathing  
Fatigue  
Muscle or body aches  
Headache  
Loss of taste or smell  
Sore throat  
Congestion or runny nose  
Nausea or vomiting  
Diarrhea  
Conjunctivitis  
Rash

## Mandatory Quarantine

- Miami-Dade County is considered a COVID “hot spot”, therefore there is no evidence to self-quarantine before starting school, however parents, students and staff should take all necessary precautions when traveling (mask, social distancing, hand hygiene) and avoid travel to other “hot spots”.

## Protocol for Students or Staff with Symptoms

The following symptoms require physician clearance in order to determine the timeline for return to school campus. These symptoms MUST be reported to the school nurse, whether they occur at school or at home.

Fever or chills

Cough

*(Children/staff with chronic cough and allergies need documentation from their physician)*

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

Loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

Conjunctivitis

Rash

# Isolate and Transport Those Who are Sick

## What to do if Someone Develops Symptoms at School?

1. If a student or any staff member becomes ill during school hours , a pre-assigned “COVID staff member” will be immediately alerted.
2. Escort the child from the classroom to the nurse’s isolation area (see Nurse’s Office section below) and from the nurse’s isolation room to a parent/guardian.
3. The student’s teacher should inform the COVID assigned individual that the sick child is being taken to the nurse office. There is a designated area outside the nurse office for sick students. Students in this area will be spaced accordingly.
4. Separate the symptomatic person away from others, with supervision at a distance of six feet, until the sick person can leave. While waiting to leave school, the individual with symptoms should wear a cloth face covering or mask. Waiting outside is best. **911 will be called if the sick individual is in respiratory distress.**
5. Students or staff with symptoms, with or without fever, must leave the school campus.
6. Parents or designees should wait outside and call upon arrival. Students will be escorted out to parent by a school staff member. Parents should NOT come into the building.
7. Close household contacts (i.e. siblings, children, or other people living in the same household) of symptomatic students/staff will need to go home as well.
8. Parents must have a plan to come get their kids within two hours.
9. Hebrew Academy will conduct a full terminal cleaning and deep sanitization of the classroom.
10. Parents and employees are required to notify the school nurse if they are found to be COVID positive.
11. They may return to school as per the guidelines for household contacts below:
12. If COVID testing is done through an expedited school testing partnership, have parents or employees sign a waiver allowing the testing site to notify the school and Primary Care Physician directly.

## Protocol for Returning to School Campus after Symptoms:

**Please Note:** The guidelines below are in line with the most recent CDC guidelines; they are subject to change based on state and local guidance.



### After having positive COVID test:

**Symptomatic:** Should meet **all** 3 criteria before returning to school:

- 10 days after symptom onset **AND**
- Fever free for 24 hours without the use of fever-reducing **medications AND**
- Symptoms have improved (for example, cough, shortness of breath)

**Asymptomatic:** 10 days after specimen collection (i.e. after date of positive test), assuming no symptoms develop.

- No current indication to re-test before returning to school (if isolated after a tested COVID positive.)

**\*The most recent CDC guidelines have added an additional term which is that if the individual who tested + is immunosuppressed or was “very sick” from COVID (they do not specify what that entails but we interpret it as at least hosp with resp symptoms), then the individual should isolate for 20 days.**

### Symptoms AND COVID test not sent or resulted yet:

Should meet **all** four criteria before returning to school:

1. At least **24 hours** have passed since resolution of fever **AND**
2. Symptoms have improved **AND**
3. At least **10 days** have passed since symptoms first showed up **AND**
4. A negative COVID test using PCR or Antigen test

## Protocol for Students or Staff with COVID Exposure

**Please Note:** The guidelines below are in line with the most recent CDC guidelines; they are subject to change based on state and local guidance.

### Household members (siblings, parents, child, childcare provider, etc) with COVID positive test or with symptoms highly suspicious for COVID:

- Exposed student/staff will not be allowed to enter school
- Should meet all criteria before returning to school:
  - No symptoms **AND**
  - At least **14 days** after the positive test in the household member **AND**
  - A negative COVID test using PCR or Antigen test approved by the FDA (result should be reported within 24 hours)

### Classmates and teacher of same pod/zone:

- If an exposed student/staff is positive for COVID the entire pod/zone will be dismissed and required to follow the guidelines below (classmate of COVID positive student/staff).
- If an exposed student/staff is negative for COVID the entire pod/zone will need to be screened for any new symptoms daily for 14 days, but will be able to continue in person school.

### For classmates of COVID positive student/staff:

- Students in the same pod/zone will be considered close contacts and have to be treated as household members of COVID positive, and the entire pod/zone will be self-quarantine at home and will be able to return to school only when all three criteria have been met:
  - No symptoms **AND**
  - At least **10 days** after the positive test in the household member **AND**
  - A negative COVID test using PCR or Antigen test

## Testing

- Universal SARS-CoV-2 testing of all students and staff in school settings has not been systematically studied.
- It is not known if testing in school settings provides any additional reduction in person-to-person transmission of the virus beyond what would be expected with implementation of other infection preventive measures (e.g., social distancing, cloth face covering, hand washing, enhanced cleaning and disinfecting).
- CDC does not recommend universal testing of all students and staff.
- Implementation of a universal approach to testing in Hebrew Academy may pose challenges, such as the lack of infrastructure to support routine testing and follow up in the school setting, unknown acceptability of this testing approach among students, parents, and staff, lack of dedicated resources, practical considerations related to testing minors and potential disruption in the educational environment.

## The Nurse's Office

- The nurse's office will be supplied with N95 masks, **surgical masks**, extra face shields, disposable gowns, and gloves, **sanitizing gel**.
- If the nurse is caring for a child with a **cough/sneeze or fever**, she should wear full PPE.
- The nurse and other staff who will be involved in caring for ill children in school should be trained on safe donning and doffing of PPE.
- A nurse will **not** be required to quarantine after caring for a COVID positive student/staff member **if** the nurse wore appropriate PPE (minimum of N95 **w/ surgical mask on top**, face shield, and gloves) during the encounter.

## Day-to-day Operations

- ALL adults in the building will be masked.
- Hebrew Academy will provide appropriate PPE for their staff.
- When practical, outside is ALWAYS better than inside, for all activities.

**Assemblies:** Large gatherings or other assemblies, indoors, will NOT take place at this time.

### Visitors:

- Hebrew Academy will have a “No Visitors” policy. All students going home, prior to the end of the school day or at dismissal will be brought out to their parents. **NO PARENT WILL ENTER THE SCHOOL PROPERTY.**
- Parents should only come to school to pick up a sick child and his/her close contacts. In which case, the children should be escorted to the door. Parents need to be masked at all times.
- Hebrew Academy will not hold events like the Siddur Play, Chumash Party on campus and will monitor the pandemic before deciding if/how they can take place.

### Equipment:

- Avoid shared equipment.
- If unavoidable, students should wash hands or use sanitizer before and after using shared equipment (i.e. math manipulatives, lab equipment, etc.).
- Shared equipment should be cleaned in between classes. Students should not be sharing iPads or Chromebooks.

### Hallways:

- Institute a traffic plan to avoid crowding.
- Stagger use of the hallway and create one-way lanes.
- Consider hallway monitors if practical.

### Bathrooms:

- Institute a plan for students/staff to maintain a safe distance (ideally six feet) while using or waiting to use the bathroom.
- Avoid socializing in the bathroom.
- Minimize touching shared door handles.
- Plan for frequent sanitizing of bathrooms.
- Consider contactless faucets and soap dispensers and/or having paper towels available to turn the knobs.

### Cleaning:

- Every night, each classroom should be thoroughly cleaned and **sanitized**.
- Rooms where a COVID positive child or staff member was located should be allowed to air out as long as is practical, and then thoroughly cleaned and disinfected.
- High-touch surfaces should be cleaned regularly.
- Shared equipment should be cleaned in between use.
- Cleaning staff will be supplied with appropriate PPE.

### Gym/Recess:

- Stagger and/or social distance.
- Hold outdoors whenever possible.
- Students will be able to take off their masks outside under the guidance of the PE instructor.
- **No contact sports until further notice.**

### Lunch and Snacks:

- It is strongly recommended that lunch only be eaten at desks or in designated outdoor spaces **and with adequate social distancing**.
- No buffet style meals.
- Snacks should only be eaten while seated at desks in classrooms.
- Students shall not be sharing food.
- Epipens should be easily accessible to classrooms or other non-traditional spaces that are now being used for lunch or snack.

### Arrival and Dismissal:

- Institute procedures that avoid crowding in the hallways or in front of the school.
- Consider having an adult escort younger children to/from carpool to ensure that social distancing is maintained.
- Masks should be worn by all students when traveling between classrooms and/carpools.

### Carpools:

- **We highly discourage the use of carpools.**
- If possible, try to limit the number of families and/or classes involved in the same carpool.
- In the event of a COVID positive person in a carpool, the school must be notified immediately and provided with a list of everyone who was in the car with that person.
- When a carpool contains more than one family, everyone in the car older than two years old should wear a mask for the duration of the ride.
- Keep the car windows open and/or set the AC/heater to bring in outside air instead of recirculating the air within the car.
- Please do not allow non-carpool members (except for siblings of students) to ride in the car with the carpool.
- Everyone in the car (including drivers or siblings) must agree to the health screening and social distancing affirmation above.

### Extracurriculars:

- Per FHSA GUIDELINES policy, Hebrew Academy has chosen to opt out of the Fall Semester due to COVID-19 concerns. Hebrew Academy's decision is in conjunction with tri counties of South Florida.

# Example of COVID-19 Quarantine Scenarios

*Elementary, Middle, and High School limited to cohorts:*

1



## STUDENT TESTS POSITIVE

ONE STUDENT TESTS POSITIVE FOR COVID-19, THE FOLLOWING WILL QUARANTINE (AND STUDENTS WILL REMOTE LEARN) FOR 14 DAYS:

- ALL CLASSMATES OF INFECTED STUDENT.
- ALL TEACHERS THAT TEACH THE INFECTED STUDENT.
- ALL ADULTS THAT RUN SCHOOL-SPONSORED ACTIVITY WITH THE INFECTED STUDENT.
- ANYONE WHO SPENT TIME IN THE CLASSROOM WITHIN SIX FEET OF THE STUDENT, FOR MORE THAN 10 MINUTES, DURING THE PREVIOUS 14 DAYS.

2



## TEACHER TESTS POSITIVE

ONE TEACHER TESTS POSITIVE FOR COVID-19, THE FOLLOWING WILL QUARANTINE (AND STUDENTS WILL REMOTE LEARN) FOR 14 DAYS:

- ALL STUDENTS TAUGHT BY TEACHER.
- ALL STUDENTS PRESENT IN CLASSROOM WHILE TEACHER TAUGHT.
- ANY ADULTS THAT INTERACTED WITHIN SIX FEET OF THE TEACHER, FOR MORE THAN 10 MINUTES, DURING THE PREVIOUS 14 DAYS.

3



## ADMINISTRATOR TESTS POSITIVE

ONE ADMINISTRATOR TESTS POSITIVE FOR COVID-19, THE FOLLOWING WILL QUARANTINE (AND STUDENTS WILL REMOTE LEARN) FOR 14 DAYS:

- ANY STUDENTS WHO MET IN-PERSON WITH ADMINISTRATOR.
- ANY ADULTS THAT INTERACTED WITHIN SIX FEET OF THE TEACHER, FOR MORE THAN 10 MINUTES, DURING THE PREVIOUS 14 DAYS.

4



## CHILD OF A TEACHER TESTS POSITIVE

CHILD OF A TEACHER TESTS POSITIVE FOR COVID-19, THE FOLLOWING WILL QUARANTINE (AND STUDENTS WILL REMOTE LEARN) FOR 14 DAYS:

- TEACHER MUST QUARANTINE FOR 14 DAYS.
- IF TEACHER TESTS POSITIVE AND WAS TEACHING AMONG "COHORT" WHILE INFECTIOUS, THE COHORT WILL QUARANTINE.



5



### CHILD OF AN ADMINISTRATOR TESTS POSITIVE

THE CHILD OF AN ADMINISTRATOR TESTS POSITIVE FOR COVID-19, THE FOLLOWING WILL QUARANTINE (AND STUDENTS WILL REMOTE LEARN) FOR 14 DAYS:

- ADMINISTRATOR MUST QUARANTINE FOR 14 DAYS.
- IF ADMINISTRATOR TESTS POSITIVE AND WAS IN A COHORT WHILE INFECTIOUS, THE COHORT WILL QUARANTINE.

6



### SIBLINGS OF STUDENTS TEST POSITIVE

SIBLING OF A STUDENT TESTS POSITIVE FOR COVID-19, THE FOLLOWING WILL QUARANTINE (AND STUDENTS WILL REMOTE LEARN) FOR 14 DAYS:

- PRESUMED UNINFECTED SIBLING MUST QUARANTINE FOR 14 DAYS
- IF SIBLING TESTS POSITIVE AND WAS IN COHORT, THE COHORT WILL QUARANTINE FOR 14 DAYS

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### MULTIPLE STUDENTS TEST POSITIVE

MULTIPLE STUDENTS TEST POSITIVE FOR COVID-19, THE FOLLOWING WILL QUARANTINE (AND STUDENTS WILL REMOTE LEARN) FOR 14 DAYS:

- SCENARIO ONE RULES APPLY IF MORE THAN FOUR STUDENTS TEST POSITIVE FROM SAME BUILDING.

8



### PARENT TESTS POSITIVE

PARENT OR GUARDIAN TESTS POSITIVE FOR COVID-19

- CHILD OF PARENT OR GUARDIAN MUST QUARANTINE FOR 14 DAYS.
- IF THE CHILD TESTS POSITIVE AND WAS IN COHORT, THE COHORT MUST QUARANTINE FOR 14 DAYS.