

**MA Co-op Health and Safety Policy and
COVID-19 Guidelines for Parents and Children
Updated 2/2/2025**

The information in this document may change based on guidance from district, county, state, and CDC officials.

Sickness Policy:

- Every adult and child must be free from COVID-19 symptoms to enter school grounds. Symptoms* include:
 - Fever (100.4°F or higher) or chills within the last 24 hours
 - Sore throat
 - Frequent cough or very runny nose
 - Shortness of breath or difficulty breathing
 - Diarrhea, vomiting or stomach ache within the last 48 hours
 - Severe headache
 - Loss or reduction in sense of smell or taste
 - Fatigue
 - Muscle or body aches
 - Painful purple or red lesions on the feet or swelling of the toes

**This list does not include all possible symptoms. Children with SARS-CoV-2 infection may experience any, all, or none of these symptoms. Keep in mind that young children might be at increased risk of having unrecognized illness because they are in close contact with their parents and caregivers, may not be able to practice effective hygiene and physical distancing, and may not be able to communicate symptoms of illness.*

Parents and caregivers must monitor their child for signs of infectious illness every day. In case of any signs or symptoms parents must notify their teacher and keep their child home.

- If a child or adult becomes ill while at school, the ill person will be separated from the rest of the group and must leave school as soon as possible after informing their teacher. If the child's parent is not at school, the parent will be contacted and must pick up their child within 30 minutes of being notified.
- If a teacher, working parent, or child enrolled at the Co-op is experiencing any symptoms referenced above, stay home from school. You must self-isolate until you are afebrile for 24 hours and your other symptoms are mild and improving per CDC regulations. A mask must be worn for 10 days following a positive test. You or your child may return to school if at least 24 hours have passed since the last fever without the use of fever-reducing medication AND symptoms have improved.
- If a teacher, working parent, or child enrolled at the Co-op tests positive for COVID-19, let Kristy know right away and stay home from school. It is important to communicate with Kristy before returning to the Co-op. If you have experienced symptoms, the day you start having symptoms is Day 0. You must isolate until you are afebrile for 24 hours and your other symptoms are mild and improving. You may return to school if your symptoms are improving AND you are fever-free for 24 hours without the use of fever-reducing medication. You must also wear a well-fitting, high-filtration mask through Day 10.
- If a member of your household tests positive for COVID-19 and cannot effectively isolate from the rest of the household, the rest of the household are Close Contacts with ongoing exposure. That is, they cannot avoid being repeatedly exposed until the person with COVID-19 is no longer able to spread the virus to other people. If an individual is a Close Contact with ongoing exposure, then they should, regardless of vaccination status:
 - Test immediately.
 - Quarantine for 5 days, with Day 0 being the day they were first exposed.

- Test on Day 6. If negative, they may return to school. They must wear a well-fitting, high-filtration mask indoors in public for 10 days after the infected household member receives a negative test result.
- Isolate immediately if they develop symptoms of COVID-19 or test positive.

If another family member tests positive, the quarantine and testing clock starts over, and Day 0 is the day the new family member tests positive.

- If a teacher, working parent, or child enrolled at the Co-op is an Indirect Contact of a Case, (e.g. a member of their household is a Close Contact), they may return to school (without quarantine or testing), as long as the Close Contact does not develop COVID-19 symptoms.
- All Co-op teachers and families will be informed of any confirmed case of COVID-19 in the Co-op community, while maintaining confidentiality as required by law.

Face Coverings, Physical Distancing & Guests:

- The wearing of face masks is optional for both children and adults except for those recovering from COVID-19 or those who have been recently exposed to COVID-19.
- Children will not be expected to practice physical distancing. In making the decision to send your child to school, you will need to feel comfortable with your child playing closely with peers. Young children are still learning how to use the inside of their elbow to cover their mouth when they sneeze or cough and there will be times when it doesn't happen. They will need many gentle reminders.
- Asymptomatic infants up to 6 months of age who are happy in a carrier or stroller are allowed on your workday if you choose to bring them. Siblings and other visitors are permitted on school grounds if they are asymptomatic and have not been recently exposed to COVID-19.

Cleaning & Sanitizing:

- Children will wash hands before eating snack, after using the bathroom, and as needed.
- Surfaces and toys may be cleaned with soap and water throughout the day as needed.
- When illnesses such as norovirus are spreading in the community (high levels in wastewater), the tables, sinks, and bathroom surfaces will be sanitized with HOCl at the end of class. Children and parents will be asked to wash their hands upon entering the classroom.

Snack:

- NO NUTS ARE ALLOWED IN ANY FOOD BROUGHT TO THE CO-OP.

Testing:

- At-home tests are an acceptable means of testing, but must be administered on the days indicated above.
- If parents have any concerns regarding their ability to administer the test on their child, they should have their child tested by a healthcare provider.
- PCR tests should not be used on those testing-to-return after having COVID-19.

Family Expectations:

- Outside of school, in order to reduce your family's exposure in the community, we ask that you comply with any and all orders and public health directives issued by state, county, or local authorities. In order to participate in any of the MA Co-op's programs for the 2024-2025 school year, all adult participants must obey the rules and regulations described in this policy and sign and submit the enclosed Assumption of Risk and Waiver of Liability on behalf of themselves and their child(ren).

Assumption of Risk and Waiver of Liability
Relating to Participation in Menlo-Atherton Cooperative Nursery School
During the COVID-19 Pandemic

I, _____ [name], hereby acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I and/or my child(ren) may be exposed to or infected by COVID-19 by attending a program at the MA Co-op and that such exposure or infection may result in injury, illness, permanent disability, and/or death. I further understand that I and/or my child(ren) may be exposed to or infected by COVID-19 as a result of the actions, omissions, or negligence of myself and others, including, but not limited to, MA Co-op program staff, program participants, and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) and/or myself (including, but not limited to, personal injury, disability, and/or death) and any illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my and/or my child(ren)'s attendance in a program at the MA Co-op or participation in such a program (the "Claims"). I, intending to be legally bound, hereby waive, release, indemnify and hold harmless the MA Co-op and its employees, Board of Directors, officers, trustees, agents, representatives, affiliates, successors and assigns from any and all Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release and waiver includes any Claims based on the actions, omissions, or negligence of the MA Co-op, its employees, participants, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any program at the MA Co-op. This release and waiver extends to all Claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

I acknowledge and agree that this agreement is binding upon my heirs, assigns and legal representatives and those of my child(ren). I agree that I have been sufficiently informed of the risks involved. I further agree that this agreement is severable and that if any clause is found invalid, the balance of the agreement will remain in effect, valid, and enforceable.

In addition, I will notify my MA Co-op teacher and/or the Director immediately if my child or a member of my household exhibits any symptoms of COVID-19 or is exposed to anyone known or suspected to have COVID-19. I represent and warrant that I have no knowledge of any medical conditions that would prevent myself or my child(ren)'s participation in the program.

I HAVE READ THIS AGREEMENT AND WAIVER AND RELEASE OF LIABILITY; I KNOW, UNDERSTAND AND AGREE TO BE BOUND BY ITS CONTENTS; AND I SIGN IT OF MY OWN FREE WILL.

I certify that I have read, understand, and agree to comply with the provisions listed herein.

Child's Name _____ **Class** _____

Parent Signature _____ **Date** _____