

**MA Co-op Health and Safety Policy and
COVID-19 Guidelines for Parents and Children
Updated 3-20-23**

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

Daily Check-In:

- Children and adults should wash hands before arriving at the Co-op.
- Parents must inform any adults dropping off or picking up their child of these policies.

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
- Sore throat
- Cough
- Shortness of breath or difficulty breathing
- Diarrhea, vomiting or stomach ache
- Headache, especially with fever
- Loss or reduction in sense of smell or taste
- Congestion or runny nose
- 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. Symptoms may appear 2-14 days after a person is exposed to the virus, so please take them seriously. While we understand that many of these symptoms can be due to illnesses other than COVID-19, we must proceed with an abundance of caution to protect community members who may get very sick from COVID-19.
- If a child or adult becomes ill while at school, the ill person will be separated from the rest of the cohort 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, child enrolled at the Co-op, or member of their household, is experiencing any COVID-19 symptoms referenced above, stay home from school. You must self-isolate or get a negative test result before returning to school. If the symptomatic person tests negative for COVID-19 without close contact to a known case, you may return to school based on the diagnosis and instructions given by the healthcare provider OR 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 for at least 5 days. 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. If your symptoms are *not* improving, continue to isolate until they *are* improving AND you are fever-free for 24 hours without the use of fever-reducing medication. (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation, though if you have had moderate or severe illness, you may be asked to isolate longer). You must also wear a well-fitting, high-filtration mask through Day 10 unless you have had TWO sequential negative antigen tests 48 hours apart. If you have not experienced symptoms, you still need to isolate for 5 days. Day 0 is the day of your positive test (based on the date you were tested). If you develop symptoms during the isolation period, your 5-day isolation period starts over, and Day 0 is your first day of symptoms.
- If an individual is a Close Contact of a Case, they are not required to quarantine before returning to school but must let Kristy know right away. If they are potentially a Close Contact to a COVID-19 variant of concern however, they may be asked to quarantine. Cases are considered infectious starting 2 days before developing symptoms or, for asymptomatic Cases, 2 days prior to the date of their positive test. The date of your exposure is considered Day 0. You should get tested 3-5 days after exposure, even if you don't have symptoms, and wear a well-fitting, high-filtration mask for 10 days following exposure. A 10-day symptom-watch period is also required. If you develop symptoms, then the criteria for confirmed Cases with symptoms apply. It is important to communicate with Kristy before returning to the Co-op.
- 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 Contact¹ 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, supervised by adults who are adhering to strict hygienic guidelines. 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 and adults should wash hands before arriving at the Co-op.
- 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.

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 2023-2024 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).