

## The Journey Begins Covid Guidelines

- 1) **If your child experiences any symptoms on the list of COVID symptoms** (see list of symptoms below):
  - a. **Keep your child home** (your child may not attend school until necessary conditions have been met, for the health and safety of others)
  - b. **If under 24 months old, have your child tested for COVID with a PCR test**. Rapid tests are fine for your own information, but they can give false negatives, so a **PCR test is necessary to completely rule out current infection**. You may also wish to consult your pediatrician.

### **Symptoms of COVID:**

- Fever (\*\*100 degrees or above) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue/lethargy
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- 2) If a COVID test is warranted, **please report the test results to [Director@TheJourneybegins.net](mailto:Director@TheJourneybegins.net)**
- 3) If your child receives a **negative PCR test result**, your child can **return to school when ALL of the following conditions are met:**
  - a. Your child has been **fever-free for, at least, 48 hours** (without fever-reducing medicine) – *fever-free means at their normal temperature.*
  - b. Your child feels **basically back to him/herself** except for some mild lingering cold symptoms (light congestion, mild cough). He/she has no other symptoms of illness and is **generally feeling and functioning well**.
  - c. **Your child's cold symptoms have started to improve.**
  - d. If any lingering cough is present, it is **fairly mild and intermittent**.
  - e. **All other symptoms have stopped** for, at least, 24 hours.
  - f. **It has been, at least, 3 days since the onset of your child's cold symptoms**
  - g. Your child's runny nose is **not impacting his/her general functioning at school:**
    - The nose is not so consistently runny or **having to wipe his/her nose and go wash his/her hands continually**.
  - h. **\*\*NOTE: If you believe that your child meets all of the conditions above for returning to school, please do a trial test: If your child has trouble breathing (stiffness) and/or your child's mucus needs to be wiped or clothing changed or your child needs to blow/wipe nose more than once or twice, before the hour is up, then your child needs to stay home for a while longer, until symptoms improve.**
- 4) If your child's **PCR test is positive**, your child will need to **isolate (stay home) for a minimum of 5 days**. Your child can return to school after, **at least, 5 days have passed and after being 48 hours fever-free (without fever-reducing medicine), and being 24 hours completely symptom-free.**

5) For any symptoms that are **not COVID related**, our regular Illness Policy would apply (see TJB Exclusion Guidelines). The current illness policy, however, supersedes the main Illness Exclusion policies, with regard to requiring all children to be **48 hours fever-free (without fever reducing medication)**.

6) **Seasonal Allergies**

If your child has cold-like symptoms and you believe that these symptoms are due to ongoing, seasonal allergies (e.g. you and/or your child have/has a history of allergies), you can have your pediatrician confirm that the symptoms are due to seasonal allergies, and your child can attend school with a doctor's note confirming the presence of allergies. However, we do request that, if your child is going to attend school while allergy symptoms are present, your child should be on a daily dose of children's allergy medicine (e.g. Claritin, Zyrtec). This helps children manage their day (hard to do with a very runny nose or congestion), and it helps identify that we are not dealing with contagious cold symptoms.

**Additional Reasons for Excluding Child from Child Care Environment**

**A) Household member, daily cohort member, or close contact of child has symptoms of COVID**

- Child should stay home until household member/close contact gets COVID test results
- If the test is negative, and child has no symptoms, the child can return.
- If the test is positive, the child should quarantine for 5 days, and be tested for COVID with a PCR test on day 5 after exposure.
  - If the PCR test is negative, the child can return on day 6 after exposure (assuming the child does not develop any symptoms).
  - If child develop symptoms of COVID during quarantine, the child should be tested for COVID with a PCR test and follow the illness policy for showing symptoms of COVID above.

**B) Child has had close contact with someone with someone with a confirmed case of COVID**

- The child should be monitored for any symptoms and get tested with a PCR test on day 5 after exposure, if no symptoms he/she may come to school.
  - If any symptoms are present, the child should stay home, test by PCR on day 3 after exposure and await results.
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**C) Child has been in close contact with someone with a suspected case of COVID**

- Child should stay home until the person with suspected case gets his/her test results back
  - If the person with the suspected case tests is negative, the child can return to school (assuming the child has not developed any symptoms of illness).
  - If the person with the suspected case tests is positive, the child should quarantine for 5 days, and get tested with a PCR test on day 5. The child can return on day 6, assuming the child does not develop symptoms.
  - If child develop symptoms of COVID during quarantine, child should be child tested for COVID with a PCR test and follow the illness policy for showing symptoms of COVID above.

**D) Travel - When traveling outside of your daily circles/routines (whether by airplane, car, bus, train or out of the country) masking is **STRONGLY RECOMMENDED**.**

- If your child is fully vaccinated and presents no symptoms, he/she may return to school immediately following travel.
- PCR testing will be required 3 days after returning home.
- If test is negative, child may continue at school.
- If positive, the child must isolate for a minimum of 5 days and retest on day 6 or 10.