



COVID POLICY

JANUARY 13, 2021

Key Definitions

CDC

“CDC” means Centers for Disease Control and Prevention.

Cleaning

“Cleaning” means the removal of dirt and impurities, including germs, from surfaces. Cleaning alone does not kill germs. But, by removing the germs, cleaning decreases their number and therefore any risk of spreading infection.

Disinfecting

“Disinfecting” means using chemicals approved for use against SARS-CoV-2, the virus that causes COVID19, for example EPA-registered disinfectants, to kill germs on surfaces. The process of disinfecting does not necessarily clean dirty surfaces or remove germs, but killing germs remaining on a surface after cleaning further reduces any risk of spreading infection. (Pg. 8)

Hand Sanitizer

“Hand Sanitizer” means an alcohol-based hand rub containing at least 60% alcohol.

Personal Protective Equipment (PPE)

“Personal Protective Equipment” means equipment to be worn to minimize exposure to hazards that cause serious workplace injuries and illnesses. Personal protective equipment may include, but is not limited to, items such as gloves, safety glasses, shoes, earplugs or muffs, hard hats, respirators, surgical/medical procedure masks, gowns, face shields, coveralls, vests, and full body suits.

Face Covering

“Face Covering” means an item normally made of cloth or various other materials with elastic bands or cloth ties to secure over the wearer’s nose and mouth in an effort to contain or reduce the spread of potentially infectious respiratory secretions at the source (i.e. the person’s nose and mouth). A face covering is not intended to protect the wearer, but it may reduce the spread of virus from the wearer to others. Since it is not subject to testing and approval by state or government agency, it is not considered a form of personal protective equipment.

Physical Distancing

“Physical Distancing”, also known as “social distancing”, means keeping space between yourself and other persons while conducting work-related activities inside and outside of the physical worksite by staying at least 6 feet apart.

Feasible

“Feasible” as used in this standard includes both technical and economic feasibility.

Asymptomatic

“Asymptomatic” means a person who does not have symptoms.

Symptomatic

“Symptomatic” means a person is experiencing symptoms similar to those attributed to COVID-19 including fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

Known to be Infected With COVID-19

“Known to be infected with COVID-19” means a person, whether symptomatic or asymptomatic, who has tested positive for the virus, and the employer knew or with reasonable diligence should have known that the person has tested positive.

Suspected for COVID-19

“Suspected for COVID-19” means a person experiencing symptoms similar to those attributed to COVID19 but has not tested positive for the virus and no alternative diagnosis has been made (e.g., tested positive for the seasonal flu). COVID-19 related symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.

Close Contact

“Close Contact” refers to contact between two individuals which creates a high exposure risk for contracting COVID-19. It includes:

- Contact within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
- Providing care at home to someone who is sick with COVID-19
- Having direct physical contact with a person with COVID-19 (hugged or kissed)
- Sharing eating or drinking utensils
- A person with COVID-19 sneezing, coughing, or somehow getting respiratory droplets on the other person

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracingplan/appendix.html#contact> <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

Quarantine

Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

Isolation

Isolation is used to separate a person infected with COVID-19 from people who are not infected, including other household members and pets. Where possible, the individual is restricted to a specific “sick room” or area and use of a separate bathroom.

<https://www.cdc.gov/coronavirus/2019-ncov/ifyou-are-sick/isolation.html>

Symptoms of COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

- Fever (CDC considers a person to have a fever when he or she has a measured temperature of 100.4°F or greater, feels warm to the touch, or gives a history of feeling feverish)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

Daily COVID-19 Health Screen

Before reporting to school, families are expected to perform a self-check health screen via the Health Check App.

Health screen responses and temperature results are considered “medical examinations” under Va. Code § 40.1-28. 51. Responses and results as well as any other medical information obtained, directly or indirectly, will be kept private and confidential and stored outside of the employee personnel file.

Families must ask themselves about their child:

“YES or NO, since my last day of work, have I had/done any of the following:”

- A new fever of 100.4°F or higher or a sense of having a fever?
- A new cough that cannot be attributed to another health condition?
- New shortness of breath or difficulty breathing that cannot be attributed to another health condition?
- New chills that cannot be attributed to another health condition?
- A new sore throat that cannot be attributed to another health condition?
- New muscle aches that cannot be attributed to another health condition or specific activity (such as physical exercise)?
- A new loss of taste or smell?
- Returned from international travel?

“YES or NO, in the past 48 hours, have I:”

- Had close contact with someone who is suspected or confirmed to have COVID-19?

Returning to the Workplace After Travelling

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Contracting COVID-19 is a serious health risk associated with travel, especially when such travel is made by public transportation and/or internationally or to a region considered to be at a “red” risk level. Parents are encouraged to consider such risks and the potential impact to the workplace in advance of making travel plans. Risk levels are updated on a daily basis by the Harvard Global Health Institute at <https://globalepidemics.org/key-metrics-for-covid-suppression/>.

The Diocese follows the recommendations of the CDC and the guidelines of the state of Virginia in determining whether individuals who return from international or domestic travel will be prohibited from an immediate return to the workplace following travel. As of December 7, 2020, neither the CDC nor the state of Virginia imposes a mandatory quarantine following a return from domestic travel. The CDC recommends, however, staying home for 7 days following a return from international travel. For the most current mandates and recommendations, reference the CDC sites at:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

Management reserves the right to ask individuals of their travel destinations and modes of transportation in reviewing time-off requests. Further, management may take such destination information, as well as available statistics about COVID at the destination, into consideration in determining whether to approve such requests.

Reporting to School Ill or Experiencing Illness at the Workplace

<https://www.cdc.gov/coronavirus/2019-ncov/community/general-business-faq.html>

The following emergency protocol will be activated with students become ill during school:

- The ill student will be isolated from others and will be required to wear a face covering (unless doing so would jeopardize breathing).
- If the student is not severely ill, but medical care seems necessary, the student’s emergency contact will be contacted so that arrangements can be made for care

and transportation to a healthcare facility OTHER THAN a hospital emergency room. The healthcare facility will be contacted in advance of arrival and informed that the student might have COVID-19.

- If immediate medical care does not appear necessary, the ill student will be sent home to self-isolate and directed to contact his/her medical provider for guidance. If necessary. Siblings of the ill student will also be sent home. (see sibling policy)
- If the student is experiencing a medical emergency or emergency signs of COVID-19, 911 will be called immediately and the operator notified that the student might have COVID-19. The emergency signs of COVID-19 include but are not limited to:
 - trouble breathing
 - persistent pain or pressure in the chest
 - new confusion or inability to arouse
 - bluish lips or face

Requirements for Returning to School if Suspected or Confirmed Positive for COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

Individuals who are suspected or confirmed positive for COVID-19, including those who are asymptomatic, are prohibited from returning to school until:

In consultation with a healthcare provider and local public health authorities knowledgeable about locally available testing resources, it is determined **a student will not have a test** to determine if they are still contagious, the student can return to school work after these three conditions have been met:

- ✦ They have been fever-free for at least 3 days without the use of fever-reducing medications **AND**
 - They have improvement in respiratory symptoms (e.g. cough and shortness of breath) **AND**
 - At least 10 days have passed since the date of their first symptoms

Close Contact with a Person Suspected or Confirmed Positive for COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

Requirement to Quarantine

Individuals who have had “close contact” with someone suspected or confirmed positive for COVID-19 are expected to quarantine at home or in a comparable setting for a period of 14 days.

What Counts as Close Contact?

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

- You were within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
- You provided care at home to someone who is suspected of or confirmed to have COVID-19.
- You had direct physical contact with a person who is suspected of or confirmed to have COVID19 (touched, hugged, or kissed them).
- You shared eating or drinking utensils with someone who is suspected of or confirmed to have COVID-19.
- Someone who is suspected or confirmed to have COVID-19 sneezed, coughed, or somehow got respiratory droplets on you within the past 2 days.

Steps to Take While Quarantined

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

- Stay home and practice social distancing.
- If possible, separate yourself from other people and animals in your home.

- Avoid sharing personal household items, including dishes, towels, and bedding.

- Stay away from others, especially those who are at higher risk for getting very sick from COVID19, such as older adults and people with severe underlying medical conditions like heart or lung disease or diabetes.
- Practice routine cleaning of high touch surfaces, including counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use household cleaning sprays or wipes according to the label instructions.

- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

- Drink plenty of water.

- Watch for symptoms of COVID-19 (do not seek medical care if you do not have symptoms).
 - ✦ Fever or chills

 - ✦ Cough

 - ✦ Shortness of breath or difficulty breathing

 - ✦ Fatigue

 - ✦ Muscle or body aches

- ✦ Headache
 - ✦ New loss of taste or smell
 - ✦ Sore throat
 - ✦ Congestion or runny nose
 - ✦ Nausea or vomiting
 - ✦ Diarrhea
- Wear a facemask if you experience any symptoms.
 - Contact your doctor if you experience any symptoms. DO NOT go to the doctor's office unannounced.

Requirements for Returning to School If Quarantined Due to Close Contact

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

The CDC states that local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Students required to quarantine due to close contact with a person suspected or confirmed positive for COVID-19 must follow the recommendations of their local public health department.