



Health & Safety Guidance for the Start of the 2021-22 School Year

Face Coverings

Masks are worn inside and outside by students and staff except during lunch or snack, when screens are put up on desks. Teachers should check that their own masks fit snugly on their face and that the masks of the children fit snugly. There are extra masks in the office for anyone who needs one.

Mask Removal -- A teacher may give students permission to remove masks outside if the teacher stays to make sure that the students are at least six feet apart.

Physical Distance

- Students are spaced as far apart as possible with a minimum distance of 3 feet. Whenever possible, students sit facing the same direction.
- Cohorts must be 6 feet apart.

Ventilation

Classroom windows and doors are opened throughout the day for fresh airflow. Optimal air filters in the air-conditioning compressor are changed every 8 weeks.

Handwashing

- Teachers remind students to disinfect or wash hands regularly.
- Students always disinfect their hands when they come back from recess.
- Students always disinfect their hands before they eat.

Bathrooms

Students use bathrooms one at a time and then push the cone to the side of the entrance to signal vacancy.

Water Fountains

Students may fill water bottles but may not drink directly from the water fountains.

Surface Cleaning

- Surface wipes are available in shared rooms: Lyon Center, Library, Art Room, Math Room, Study, Computer Room.
- Classrooms are cleaned professionally daily.



- Electrostatic disinfection spray is applied in bathrooms and shared space regularly and to sites of potential infection as needed.
- A long-lasting, virus-killing sealant is applied to school surfaces four times during the year beginning Friday, September 3, when the building will be closed and off limits to staff.

Outside Class and Lunch

Teachers are encouraged to take their students outside for lunches and classes.

Quarantine

- Families report COVID-19 cases right away to the principal, who will report them to the Montgomery County health department.
- The school will cooperate in the COVID-19 investigation by the school-nurse contact-tracing unit of the Montgomery County health department.
- An individual who tests positive will be given isolation guidelines to follow.
- Individuals in close contact with the positive individual will be given quarantine guidelines to follow.
- The school will communicate directly with parents of positive-testing students and close contacts.
- The principal will consult with the school nurse and pediatrician and send a message to class families and teachers about the positive case in the class. The message will include guidance from the health department and school health professionals.
- The health department, pastor, and Catholic School Office will be informed at each step.

Morning Temperature Screening

- Between 7:45 am and 8 am, teachers will take temperature readings of students in their classroom.
- A student with a reading of 100.4 or higher will be isolated, and a second reading will be taken. Parents will be called to pick up a student with a fever.
- If the second reading is below 100.4, the student will be checked at 9:30 am.
- Teachers will continue to come to the school office each morning to take and record their own temperature/health screenings.



Symptoms – What To Do

Symptoms of Illness-Emergency

- trouble breathing
- pain or pressure in chest
- new confusion
- inability to wake or stay awake
- discoloration of skin or lips

Action

- Call office for help.
- Stay with student.
- Office will call 911 and home and will work with teacher on isolating student.

Follow-Up

- Principal will communicate with family, health department, consulting nurse and pediatrician.
- Unless different guidance is given by health advisers, the student may return to school after a doctor's note and negative viral test result are provided to the school.
- Principal will inform student's teachers of status.

Symptoms of Illness

- fever or chills
- new loss of taste or smell
- fatigue
- body aches or headache
- cough
- sore throat
- congestion and/or runny nose
- nausea or vomiting
- diarrhea

Action

- Call the office and request that an administrator come to the classroom.
- A staff member will come to the classroom and take the student to the isolation room.
- The office will call the parent, describe the symptoms, and have the student taken home.

Follow-Up

- Unless other guidance is given by the nurse and pediatrician, a student with one symptom may return to school when the symptom is gone and a student with two symptoms may return to school after a doctor's note and negative viral test result are provided to the school.
- Principal will inform student's teachers of status.



When to Livestream

- Teachers will livestream their classes on TEAMS to students placed in isolation or quarantine under COVID-19 protocols or when the principal has approved the livestream option.
- If a student doesn't feel well and stays home, the student will be advised to rest, recover, and then return to school.
- If a student tests positive for COVID-19, the student will have access to the class by TEAMS during isolation.
- There may be unforeseen scenarios in which the principal will consider offering the livestream option.

Students and staff members must stay home if...

- they have not completed quarantine after close contact with someone diagnosed with COVID-19
- based on suspected exposure, they were tested and are waiting on results
- they were diagnosed with COVID-19 and have not completed isolation

Guidelines for Fully Vaccinated People

Suspected Exposure – Go for a viral test 3-5 days after exposure and, if the result is positive, isolate as directed by the health department.

Symptoms -- Go for a viral test, stay home, and isolate as directed by health department if the result is positive.

Travel – Testing and self-quarantine aren't necessary.

Guidelines for Not Fully Vaccinated People

Suspected Exposure – Stay home. Get tested 3-5 days after exposure. Isolate if positive.

Symptoms -- Go for a viral test. Stay home. Isolate if positive.



Travel When the Person is Unvaccinated

Delay travel until fully vaccinated.

If you must travel...

- get a viral test 1-3 days *before* and 3-5 days *after* travel
- stay home for 7 days after travel
- isolate if positive

When and Where Travel Rules Do Apply

- travel by air, bus, or train
- international travel
- travel to a state with daily case rate > 15 per 100,000 ([source for state case rates](#))

When and Where Travel Rules Don't Apply

- Travel within Maryland
- Travel to border states: Virginia, DC, Pennsylvania, Delaware
- Camping
- Road travel without crowds, hotel stays, or visits to places of potential exposure

The school's safety rules and practices were formed under the guidance of Anna Damiano, the school nurse, and Dr. Karen Lanni, the school's consulting pediatrician. The school's guidelines are stricter than the guidelines of the Catholic Schools Office of the Archdiocese of Washington.

Domestic Travel RECOMMENDATIONS AND REQUIREMENTS	RECOMMENDATIONS AND REQUIREMENTS	
	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before travel	✓	
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓