

COVID-19 PROTOCOL AND MITIGATION

Isolation and Quarantine

- **Isolation** – Individuals who have tested positive for COVID-19 (regardless of vaccination status) must isolate for **5 days**, followed by **5 days** of strict mask wearing. Infant and Toddler students must isolate for **10 days**). After the isolation period,
 - one can resume normal activities if asymptomatic OR if symptoms are improving.
 - children returning to school must be symptom free for 24 hours without the use of fever-reducing medications.
- **Quarantine** – After a COVID-19 *exposure*:
 - If up to date on their COVID-19 vaccinations OR have had a positive COVID-19 test within 6 months OR both, quarantine is **no longer required**.
 - If none of the above applies, quarantine for **5 days** from time of exposure, followed by **5 days** of strict mask wearing.
- CMS will **not** require a negative test after quarantine/isolation to return to school.

Communication of Positive Cases

- Parents, Faculty and Staff will be notified through email in the event we have a positive case of COVID-19 in school.
- CMS will follow recommendations from the Virginia Health Department. This might mean closing certain classrooms or the entire school for a two-week period (or longer).

Masks

- Masks are *optional* for all students and staff, unless returning from isolation or quarantine at home (see above).

CMS Hygiene Practices and Sanitizing Protocol

- ALL children must arrive to school with clean bodies and clean clothes daily.
- Children are expected to wash their hands upon entering the classroom, before and after eating and using the bathroom.
- Children will be asked to wash their hands at other times during the day or if they touch their mouth or nose.
- Depending on the age to the child, the teacher might supervise the children's use of hand sanitizer.
- Please do not send hand sanitizer in your child's school bag. Our licensing agent does not allow it unless under the guidance of an adult.
- All classrooms are sanitized a minimum of twice daily. This includes all tables, chairs, sinks, and bathrooms. Sanitizing furniture, shelving, and materials is done monthly.
- Each classroom and all common spaces in the school have designated staff assigned to sanitize and said staff must sign off on a sanitizing checklist.

Other Mitigation Strategies

- Handwashing – All children and staff are required to wash hands with soap for a full 20 seconds before rinsing.
- Sanitizer – When handwashing is not available, children may be given hand sanitizer.

- Air Doctors – Each classroom has an air doctor (infant and toddler rooms have air purifiers) that remain on.
- Open Windows – When weather is cool, windows are opened to allow fresh air into rooms.
- No Public Drinking Fountains – Drinking fountains are closed. Water bottle refill stations are open.

Travel

- Please refer to the following link for CDC guidelines for travel [Travel During COVID-19 | CDC](#)
- Those families considering travel will:
 - read and are encouraged to adhere to the CDC guidelines for travel.
 - acknowledge that teachers will not prepare work ahead of time for their child(ren), and that their children will need to make up missed work upon their return to school.
- Work prepared ahead of time is reserved for those students who are quarantining/isolation due to COVID-19, per CMS COVID-19 protocol.