



COVID Update - 1/10/2022

Toward the end of December 2021, the CDC updated their COVID guidance with regard to the number of days in isolation dropping from 10-days to 5-days. As of our return to school, that guidance was not changed for schools. On January 6, 2022, that guidance was changed and can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>

- and here-

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-isolation.html>

- general guidance here-

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

In order to keep the parents informed of positive cases, the district will have a quick reference document on the district website www.eastprairie.org along with each building's specific websites.

- Included on the spreadsheet will be current positive cases within the district.
- Additional information will be provided for how many positive cases within each classroom.
- If a parent requests additional information, they may contact the building nurse who may provide classroom specific information following HIPAA regulations.
- *Masks are still encouraged but not required by students and staff (unless otherwise noted in the procedures listed below).*

If exposed to someone who has tested positive for COVID-19, the student will not be under quarantine/isolation and may continue to attend school and all activities as long as they remain asymptomatic.

If a student is sent home with symptoms of any contagious or infectious disease, they will be excluded from school until the following are met.

- Your medical provider has determined a different diagnosis other than an infectious disease **OR**
- Your child has tested negative for COVID19/Flu and has no symptoms **OR**
- At least 5 days from the first clinical diagnosed symptoms were present **AND**
- At least 24 hours without fever greater than 100.4, without fever reducing medication **AND**
- Symptoms have improved

To utilize the homebound option for attendance, the building secretary must be provided with medical documentation of a positive COVID result.

- At home self tests will be accepted for homebound services. Any future positives for the same student/staff member must be verified by a healthcare provider. Documentation must be provided to the appropriate building.
- Failure to provide proper documentation may result in unexcused absences, therefore involving the truancy officer.
- If there is a confirmed positive test in the home, the siblings in the home may be able to utilize homebound services at the request of the parent. The parent must provide valid documentation of the positive confirmed results in order to be switched to homebound. This will only be given at the request of the parent.



What does this mean for EPR2?

We have always done our best to comply with both the local Health Department and CDC guidance to the best of our ability while still in compliance with the State Attorney General and Missouri Courts. As it reads in the new guidance document this is how we are going to proceed from this point forward.

Students, teachers, and staff who test positive for COVID-19 and never develop symptoms should isolate for at least 5 days. Day 0 is the day of the positive viral test (based on the date of testing) and day 1 is the first full day after the specimen was collected for the positive test.

- If they continue to have no symptoms, they can end isolation after at least 5 days.
- They should continue to wear a [well-fitting mask](#) around others at home and in public until day 10 (day 6 through day 10). If they are unable to wear a mask when around others, they should continue to isolate for 10 days.
- Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- If they develop [symptoms](#) after testing positive, the 5-day isolation period should start over. Day 0 is the first day of symptoms. Follow the recommendations above for [ending isolation for people who had COVID-19 and had symptoms](#).
- Please visit CDC's [COVID-19 Quarantine and Isolation](#) page for more specific guidance on isolation outside of the K-12 setting.

People who have COVID-19 and have or had [symptoms](#) should isolate for at least 5 days. To calculate the 5-day isolation period, day 0 is the first day of symptoms. Day 1 is the first full day after their symptoms developed.

- They can end isolation after 5 full days if they are fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- They should continue to wear a [well-fitting mask](#) around others at home and in public for 5 additional days (day 6 through day 10) after the end of their 5-day isolation period. If they are unable to wear a mask when around others, they should continue to isolate for 10 days.
- Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- If they continue to have fever or other symptoms have not improved after 5 days of isolation, they should wait to end isolation until they are fever-free for 24 hours without the use of fever-reducing medication and their other symptoms have improved. They should continue to wear a well-fitting mask and contact their healthcare provider with questions.
- Please visit CDC's [COVID-19 Quarantine and Isolation](#) page for more specific guidance on isolation outside of the K-12 setting.

CDC continues to recommend indoor masking in K-12 schools for all individuals age 2 years and older, including students, teachers, staff, and visitors, regardless of vaccination status.



The school should ensure there is a plan for people ending isolation and undergoing their 5 additional days after the end of isolation to stay masked at all times indoors. During times in the school day when students or staff members may typically remove masks indoors (such as during lunches, snacks, etc.), have a plan for them to adequately distance themselves from others and ensure they wear their masks when not actively participating in these activities (such as when they are not actively eating).

Note: These recommendations do not apply to people with severe COVID-19 or with weakened immune systems (immunocompromised). See CDC's [COVID-19 Quarantine and Isolation](#) page recommendations for when to end isolation for these groups.

Guidance from EPR2 for implementation

- What does our plan look like?

1). Home test / validation

- Students & Staff will be granted 1 (one) positive at-home-test to access the 5-day homebound/virtual option
- If positive, parents will call the school secretary to notify each building of the positive test
- If the student or staff member who was positive, is symptomatic again or declares another positive result, it must be validated by a healthcare professional (doctor, health department, pharmacy, etc.). Results from a home test may not be utilized for a second positive result.
- At-home-tests cannot be used to prove a negative. This means that if a student or staff member is trying to prove he/she is negative after displaying symptoms, he/she must have a validated test from a healthcare provider (examples mentioned above).

2). Homebound - 5 days (minimum)

- Parents must notify the school secretary about the positive COVID-19 result immediately after the test is positive or at minimum the next school business day. Failure to do so could result in forfeiture of homebound days.
- Students will be placed on a minimum 5-day Homebound status by the school secretary after consulting with the building administration.

3). Return to school

Once students and staff return to school days 6-10, the following must be strictly adhered to (this is our plan to comply with CDC guidance listed above):

- **Masks** - Students and staff who have ended the 5-day isolation and are returning to work/school, must wear a mask at all times and make a concerted effort to social distance from others (minimum of 6 feet when possible). Exceptions will be granted for lunch when multiple students on days 6-10 are sitting in close proximity to each other due to limited spacing as long as they are 6 feet apart from those who are not on the 6-10 day return continuum.
- **Lunch** - Students must sit 6-feet away from others when eating without their masks on. See exception listed above.



- **Nurse** - Students coming off the 5-day isolation must have their temperature checked by the school Nurse prior to being granted access to the classroom. Temperatures must be taken daily on days 6-10 by the nurse. No student will be granted access to classrooms until temperature is taken daily.
- **Contact tracing** - We are no longer contact tracing. Nurse Knight will continue to maintain the COVID Quick Reference Guide (online on our district website).

4). Options

- Students/staff members that are on days 6-10 who can't/don't/won't wear their masks appropriately, as listed above, will be sent to the building administrator who then will determine if the student or staff member should be sent home for the duration of the 6-10 day isolation. **IF** COVID leave days are extended and a staff member does not comply with appropriate masking requirements, COVID leave days could possibly be forfeited.
- Students/staff members that are on days 6-10 who develop symptoms must stay home and start the 5-day isolation continuum over again.

SIGNIFICANT CHANGES TO THE MSHSAA COVID-19 RETURN TO PLAY FORM/PROTOCOL

At this time, **January 10, 2022**, the MSHSAA Covid19 RTP form and RTP stages/progression has been updated and changed. As a reminder, the use of this RTP form and RTP stages/progression is **“MANDATORY”** for a student that **“tests positive”** for Covid19 **AND** participates in any sport or activity that requires a pre-participation physical exam.

The **“NEW”** MSHSAA Covid19 Return To Play form is now posted at www.mshsaa.org on the Sports Medicine page under the category **“Covid19 Resources”**. Below is a summary of the changes/updates that have been made to the RTP form and RTP stages/progression and is effective immediately.

- **Quarantines:** In conjunction with recommendations from the CDC, an athlete may be eligible to start the return to play stages/progression and be released from quarantine after **5 days have passed since symptoms first appeared AND has had no fever ($\geq 100.4F$) for 24 hours without fever reducing medication and significant improvement of mild symptoms (cough, runny nose, sore throat), OR, Student never had symptoms but tested positive and has been 5 days since positive test.**
- **Approved Healthcare Professional:** Prior to starting the RTP stages/progression, the student MUST be screened by a licensed healthcare professional that includes an **MD, DO, PAC, ARNP, AT.** We have now added the ability of a licensed athletic trainer to screen the athlete prior to the start of the progression. Screening includes answering 5 questions about symptoms they may be experiencing. Evaluations/assessments from one of the approved healthcare professionals, to start the return to play stages/progression, may be conducted in person OR may now also be conducted through the phone or a telehealth visit by the health care professional if deemed appropriate by the healthcare professional.



- **RTP Stages/Progression:** Once a student has met either of the initial 5 day requirements (per bullet #1 above) **AND** has been released by one of the approved healthcare professionals, they may begin the “FIVE” RTP stages/progression that will occur during days 6-10. **During days 6-10, while completing the RTP stages/progression, the student MUST remain masked, in accordance with CDC guidelines, which includes being around coaches, teammates and medical staff. If the physical activity/training, at any of the RTP stages/progression, is not done in close proximity to others, a mask is not required.** Notice that the duration of the RTP stages/progression has been decreased from 7 days to 5 days. This means if a student has had a very mild infection where symptoms resolved quickly or did not have symptoms but tested positive that they could be eligible to return to the sport as early as 10 days following the start of the symptoms or from their positive test if they had no symptoms. This shortens the potential time out of sport by a week for the majority of athletes.
- **Additional Reminders:** As a reminder, and has been the case since the initial Covid19 RTP form was in place, the student must not have been hospitalized for COVID-19. If so, they will need to have written clearance from their physician prior to the start of activity. If an appropriate healthcare professional, MD/DO/PAC/ARNP/AT, answers “YES” to any of the evaluation/assessment questions, further evaluation/assessment may be needed as they may be indicating a more concerning condition during which exercise may not be appropriate.

The MSHSAA Covid19 Task Force will continue to review the clearance process periodically and update, as appropriate, in accordance with guidance from national organizations. Listed below is a link that will take you directly to the new MSHSAA Covid19 Return To Play Form.

MSHSAA Covid-19 RTP Form

<https://www.mshsaa.org/resources/PDF/MSHSAA%20COVID-19%20RTP%20Form.pdf>