



Three Rivers Montessori
Covid-19 Safety Plan
2022-2023

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Updated Information

Additional testing sites have opened in response to increased demand for COVID-19 tests in the State. Please see the link below for additional information.

[COVID-19 testing Information at Minnesota Department of Health](#)

Additional testing options

Many other places offer COVID-19 testing in the Twin Cities metro and across the state. Visit [Find Testing Locations](#) to search for more testing options, like pharmacies, state-run community sites, and local public health. Free at-home tests can be ordered at [Vault Health: no-cost at-home tests for all Minnesotans](#)

Roll up your sleeves, Minnesota!

Everyone age 12 and older who has been fully vaccinated against COVID-19 should get a booster shot when eligible. Timing depends on which vaccine you received initially. Visit [Minnesota COVID-19 Response – vaccine booster shots](#) to learn when you should get your booster and how to find a shot near you.

Kids Deserve a Shot! Minnesota families who get their children 5-11 years old fully vaccinated in January and February can get a \$200 Visa gift card. Visit [Minnesota Vaccine Rewards](#) to learn about this new incentive program.

Three Rivers Montessori Student Quarantine Procedures

Posted: August 31, 2022

	My child tested POSITIVE for COVID-19	My child has SYMPTOMS of COVID-19	My child was identified as a CLOSE CONTACT
Is my child required to quarantine?	Yes, even if they are vaccinated against COVID-19	No, test and monitor symptoms	Unvaccinated K-12 students are strongly encouraged to quarantine but not required Vaccinated K-12 students do not need to quarantine
How long does my child need to quarantine?	5 days	N/A	Unvaccinated K-12 students: 5 full days if quarantining
When does their quarantine start?	If they have symptoms, quarantine starts the day AFTER symptoms appeared If they do not have symptoms, quarantine starts the day AFTER they take the COVID-19 test	N/A	If you decide to Quarantine, quarantine starts the day AFTER the date that your child was exposed
When can my child return to school?	IF they have no new or worsening symptoms AND they have not had a fever in the past 24 hours (without using fever-reducing medication) THEN your child may return on Day 6	Students who test negative must submit proof of their test result to the school COVID-19 Coordinator. The student may return to school IF they have no new or worsening symptoms AND have not had a fever for 24 hours without the use of fever-reducing medication Students who do not get tested may return to school if they have not had a fever for 24 hours without the use of fever-reducing medication	Students whose families choose to quarantine them can return to school on Day 6 or when they are comfortable

<p>Can I choose to quarantine my child?</p>	<p>Quarantine is required for students who test positive</p>	<p>Quarantine may be chosen for students who have symptoms of COVID-19; children must be fever free for at least 24 hours before returning to school</p>	<p>Families of unvaccinated students in K-12 may choose to quarantine their child by reporting the quarantine to the main school office 763-595-1213</p>
<p>I sent my child back to school. Why were they sent home</p>	<p>Schools may send a student home if they return to school before their quarantine is over OR if the student has not met the requirements for their return OR if the student is showing symptoms of COVID-19</p>	<p>Schools may send a student if the student is showing severe symptoms of COVID-19 such as a fever or vomiting.</p>	<p>Schools may send a student if the student is showing severe symptoms of COVID-19 such as a fever or vomiting.</p>
<p>Where can I find testing?</p>	<p>Minnesota Testing Locations: Click here for a list of free testing locations across Minnesota.</p> <p>Free Vault Test Kits: Minnesota has partnered with Vault to deliver free at-home test kits to Minnesota residents. Click here to order a free at-home test kit.</p> <p>Federal Test Kits: The federal government is now offering up to 4 free at-home COVID-19 test kits for Americans. Click here to sign up to receive your kits.</p>	<p>Minnesota Testing Locations: Click here for a list of free testing locations across Minnesota.</p> <p>Free Vault Test Kits: Minnesota has partnered with Vault to deliver free at-home test kits to Minnesota residents. Click here to order a free at-home test kit.</p> <p>Federal Test Kits: The federal government is now offering up to 4 free at-home COVID-19 test kits for Americans. Click here to sign up to receive your kits.</p>	<p>Minnesota Testing Locations: Click here for a list of free testing locations across Minnesota.</p> <p>Free Vault Test Kits: Minnesota has partnered with Vault to deliver free at-home test kits to Minnesota residents. Click here to order a free at-home test kit.</p> <p>Federal Test Kits: The federal government is now offering up to 4 free at-home COVID-19 test kits for Americans. Click here to sign up to receive your kits.</p>

Three Rivers Montessori Staff Quarantine Procedures

Posted: August 31, 2022

	Staff tested POSITIVE for COVID-19	Staff has SYMPTOMS of COVID-19	Staff identified as a CLOSE CONTACT
Am I required to quarantine ?	Yes, even if they are vaccinated against COVID-19	Staff who have symptoms of COVID-19 should get tested to confirm if it is COVID-19 and should stay home if they test positive; if they test negative they should report to work if able	Vaccinated and Unvaccinated staff are strongly encouraged to self-monitor when informed that he/she is a close contact You should self-monitor for any symptoms of COVID-19 and get tested after 5 days Staff with close contact are not required to quarantine
How long do I need to quarantine ?	5 full days – First full day is the day after tested positive.	Until they get a negative COVID-19 test result	Quarantine is not necessary. We ask that staff self-monitor for any symptoms of COVID-19 and get tested after 5 days
When does quarantine start?	If they have symptoms, quarantine starts the day AFTER symptoms appeared If they do <u>not</u> have symptoms, quarantine starts the day AFTER they take the COVID-19 test	If staff test positive for COVID-19, quarantine starts the day AFTER symptoms appear	Quarantine is not necessary. We ask that staff self-monitor for any symptoms of COVID-19 and get tested after 5 days
When can I return to school?	IF you have no new or worsening symptoms AND you have not had a fever in the past 24 hours (without using fever-reducing medication) THEN you return on Day 6	Staff who test negative should submit proof of their test result to the COVID-19 Coordinator; the staff may return to school IF they have no new or worsening symptoms AND have not had a fever for 24 hours without the use of fever-reducing medication.	Stay in school unless symptoms of COVID 19 appear and/or tested positive for COVID 19

Please be aware that procedures for Three Rivers Montessori may be different than those of our neighboring districts.

As of August 31st, 2022, if your child is or was recently identified as a close contact of a lab-confirmed positive case of COVID-19:

- Parents/guardians will be notified that their child was a close contact.
- Families should monitor their child for any symptoms of COVID-19 at all times, but they are encouraged to be especially vigilant if their child is identified as a close contact.
- Families should monitor their child for any symptoms of COVID-19 at all times, but they are encouraged to be especially vigilant if their child is identified as a close contact
- Students will be sent home if they show extreme symptoms of COVID-19 such as a fever or vomiting. All teachers, staff, and students and their parents should do a self-assessment of health each morning before arriving at school. As with any student situation, we rely on honest dialogue between the school and the family to make the best decisions for all.

People with COVID-19 have had a wide range of symptoms reported, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

All teachers, staff, and students and their parents should do a self-assessment of health each morning before arriving at school. As with any student situation, we rely on honest dialogue between the school and the family to make the best decisions for all.

If your child has ANY of the following symptoms, they must not attend school or activities and should consider getting a COVID-19 test:

- Fever of 100.4 or higher (Daily home temperature check required)
- Severe cough or a cough that gets worse
- Difficulty breathing
- New loss of taste or smell
- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Excessive fatigue or feeling very tired
- New severe (very bad) headache

Please call your medical provider for any other symptoms that are severe or concerning to you.

Students in kindergarten through 6th grade who were previously identified as close contacts AND have no symptoms of COVID -19 may attend school as regularly scheduled.

Executive Summary

The contents of the COVID-19 Safety Plan were developed by the Executive Director with guidance from the Minnesota Department of Education (MDE), Minnesota Department of Health (MDH) and the Centers for Disease Control (CDC). The plan outlines COVID-19 protocols that Three Rivers Montessori (TRM) has decided to take.

Although the official executive orders issued by Minnesota Governor Tim Walz have all been canceled, TRM will continue to plan for COVID-19 occurrences while in operation. This plan may be changed or modified based on any additional changes or modifications to any executive orders or other guidance that may be announced.

TRM's key strategies to provide a safe and healthy work environment include:

1. Maintaining the COVID-19 safety plans
2. Maintaining the CDC and MDH guidelines.
3. Disinfecting work surfaces and using hand sanitizers. Supplies have been ordered for use for staff and students.

These strategies are best practices we know of today. We will modify our strategies as time goes on and the situation changes



Antonio Kuklok
COVID-19 Coordinator
antonio.kuklok@threeriversmontessori.org
763-595-1213

The COVID-19 Coordinator is Antonio Kuklok. Please report information to the COVID 19 coordinator the following (list is a sample of information to be reported):

- Staff reporting symptoms of COVID 19
- Staff having been tested Positive for COVID 19
- Staff having been exposed to a COVID 19 positive individual (follow guidelines as a definition)
- Concerns regarding COVID 19 safety and health issues

Information that is shared with the COVID 19 Coordinator related to personnel will remain confidential.

Face Masks and Face Shields

Face coverings at TRM are optional and at the discretion of each employee, student, and family member. IN certain circumstances the use of a mask may not be reasonable and all safe and alternative accommodations will be suitable for optional masking at TRM. All TRM employees, students, and families have the right to live free from discrimination. The Minnesota Human Rights Act prohibits discrimination in public places, including places of employment and schools. This includes discrimination or harassment due to masking choices.

Social Distancing

There are currently no physical distancing requirements in school buildings or on transportation. However, promoting social distancing will occur to the fullest extent possible. Students at TRM are already in classroom cohorts and this allows for less co-mingling amongst the entire student body. In classrooms it is recommended that there is a minimum of 3 feet distance between gathering areas if possible.

Health Related Plans

Health Office

All parent(s)/guardian(s) should receive and complete an annual Health Update Form for their students should there be any changes in their health. Students with health conditions will be flagged in JMC and operations will share with staff on a need to know basis. Inform operations of any new student health condition that is not noted and other health forms such as immunization records, doctor orders, allergies, etc.

COVID-19 Health Office Plans

The “Health Office” is available to students that may not be feeling well. Students exhibiting any severe COVID-19 symptoms will be asked to wait in a designated area in the front lobby, and operations staff will make a phone call home for parent(s)/guardian(s) to pick up their student as soon as possible. Surfaces will be cleaned and sanitized daily.

- Severe Symptoms of COVID-19 include: Persistent and heavy cough or shortness of breath, fever (100.4°F or higher) or feeling feverish, chills, fatigue muscle pain, sore throat, headache, congestion, loss of sense of smell or taste, and gastrointestinal symptoms of diarrhea, vomiting, or nausea.

Important Definitions from the Minnesota Department of Health:

- Self-monitoring = monitoring yourself carefully for any symptoms. Everyone is encouraged to do this on a regular basis
- Self-isolation = you are actively exhibiting symptoms consistent with COVID-19 and should be at home, preventing the spread of COVID-19 to others
- A fever is defined as 100.4° and higher

- Lab diagnosed/confirmed = the individual had a lab confirmed positive test for COVID-19

Every situation is different and will present varying guidelines. As a general rule:

- People who have been in close contact with someone who tested positive for COVID-19 or COVID-19 symptoms should contact their healthcare provider and get a COVID-19 test within 3-5 days of initial contact.
- People who test positive for COVID-19 or have COVID-19 symptoms should contact their healthcare provider (if they haven't already) and should stay home for at least 5 days from the start of symptoms. Symptoms must be improving prior to returning AND fever must be resolved for at least 24 hours without the aid of medication. Close contacts, including household members, should consult their health care provider, monitor for symptoms and test for COVID-19.
- Documentation of a negative COVID-19 test or a letter certifying release from isolation is not required but TRM asks that all staff are honest with results as this is confidential information shared only with the COVID-19 Coordinator.
- In general, people who do not have symptoms are typically not tested for COVID-19 unless they have factors that put them at increased risk for developing COVID-19. There are instances, such as a setting where an outbreak is occurring, where local public health or MDH may recommend otherwise.

COVID-19 Positive Cases Reporting

Per Minnesota Rule 4605.7070 schools must continue to monitor for influenza-like illness and positive COVID-19 cases and report positive cases to MDH.

TRM is required to report all positive COVID-19 cases, both students and staff, to MDH via the red line report.

All families are required to continue to report illness to their school's attendance line if their child is ill, tests positive for COVID-19, has COVID-like symptoms, lives with someone in the household who has COVID-like symptoms or who tests positive. Staff are required to continue to report illness to their supervisor.

Isolation and Quarantine

What if someone at work has tested positive for COVID-19? Refer to MDH's Decision Tree Guidance in Appendix C – COVID-19 Decision Tree.

Students and staff who test positive for COVID-19 are required to stay home and isolate following the MDH Decision Tree Guidance.

Students and staff who live with someone who tests positive and cannot be completely isolated from the rest of the family, may stay home and quarantine following the MDH decision tree guidance.

Schools will continue to alert families and staff if there is a positive case in the classroom and if their student/the staff member is exposed to COVID-19.

Students/staff in close contact to a positive case will NOT be required to quarantine. We recommend families and staff monitor students/themselves for symptoms and test after exposure.

Mitigation Procedures

At School

If a positive case is reported to the school, the school will:

- Report to MDH via the red line report
- Positive case is excluded and isolated for a minimum of 5 days from test or start of symptoms, if present (whichever is earlier). Individuals should also be feeling better and not have a fever in the past 24 hours.
- The school will attempt to notify whole classrooms of a positive case, but not individually trace. Students/staff should monitor for symptoms but will not have a mandated quarantine.

If there is someone exhibiting symptoms of COVID-19 in school:

- The individual will mask and go directly to the designated isolation area at the front of the school to be assessed and await pick-up, if indicated (or drive home if well enough)
- Household members in school should also go home if the positive individual cannot fully isolate in the home

The TRM school isolation area is:

- Located in a semi-private space away from others
- Staffed by a trained person with appropriate PPE while assessing and cleaning the space
- Used to assess the individual for signs and symptoms
- Staffed to document findings and create letters home with information and return dates (if indicated) and keep a copy for records and tracking
- Responsible for contacting parent/family to pick up (if truly indicated per decision tree)
- Clean and surfaces used are disinfected after they isolated individual leaves

At Home

If the positive individual can fully isolate in the home, household members do not need to quarantine but they should monitor for symptoms.

- If the positive individual cannot fully isolate, household members should quarantine 5 days after the last contact with the positive individual
- Quarantine is not necessary if they are asymptomatic and vaccinated OR has had a positive test in the last 90 days
- Quarantine is not necessary if the positive individual and “close contact” were both masked while together

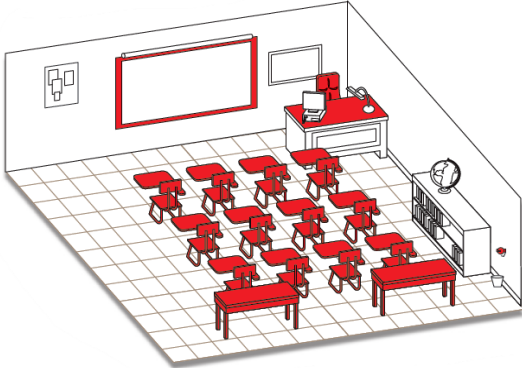
Program Area Work Zones

Shared Equipment

When using shared equipment such as printers, copiers, keyboards, etc., do not use sanitizer directly on the equipment because it will cause damage. Always use hand sanitizer after touching shared equipment.

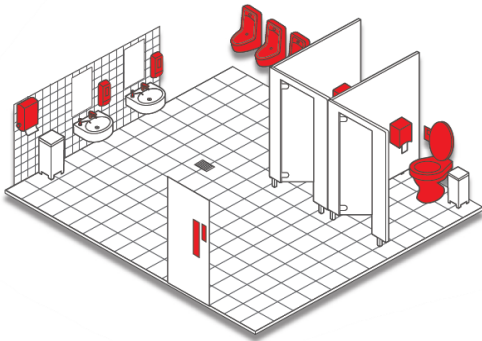
Frequently Touched Areas

These areas will be disinfected daily.



Classrooms:

- telephones / computers / electronics
- desks / tables
- switches
- door handles
- chairs
- pencil sharpeners / metal surfaces



Restrooms:

- door handles
- switches
- dispensers, paper towel holders
- bathroom handles, toilet flush, shower control, taps
- toilet seats, splash walls

PPE In the Classroom

TRM will provide each classroom personal protective equipment (PPE) to be readily available and used by staff and students.

A PPE bin will contain: additional face masks, hand sanitizer, sanitizing spray, paper towel roll, and face shields.

Students should not be asked to use any chemicals to clean. All chemical cleaners will only be handled by adults in the classroom or school. Reference Appendix A to see the list of TRM supplied PPE.

COVID Testing Program at TRM

Three Rivers Montessori is committed to creating a safe learning environment for its staff and students. We strongly encourage all adults and students 12+ years old and up to get the COVID-19 vaccination. Vaccination is the best way to ensure that we can help prevent the spread of COVID-19.

TRM does have a limited amount of COVID-19 tests available for staff and students. The COVID-19 testing program is to help institute prevention procedures to create a safe learning environment. The administration will determine when a test may be appropriate to administer at TRM.

CSE recommends that staff have a negative test result before returning to work if an employee has already completed their isolation period.

1. At least 5 days have passed since the onset of COVID-19 symptoms (or 5 days have passed since their initial positive test date if they never experienced any symptoms).
2. They have been fever-free for 24 hours without the use of fever reducing medication (acetaminophen, ibuprofen, etc.).
3. All other symptoms related to COVID-19 continue to improve.

Individuals with severe critical illness or who are severely immunocompromised may need to isolate for 20 or more days, which can be determined by a clinician.

TRM has attached both the authorization form and the HIPAA form. If you have not already signed the authorization form, please sign the HIPAA form for our records, see Appendix E - HIPAA Authorization for Release of Test Results

Where can I go for a test?

You can go to a clinic or hospital, or you can visit a [no-barrier community testing site run by the State of Minnesota for a saliva or rapid test.](#)

Community rapid and saliva testing sites are available at no-cost to all Minnesotans. Anyone can get tested at the saliva sites and symptomatic individuals can get tested at rapid sites. Hospitals, clinics, and pharmacies may have different pay structures, so be sure to contact both the testing site and your health insurance company ahead of your visit to make sure you won't be charged for a test.

Appendices

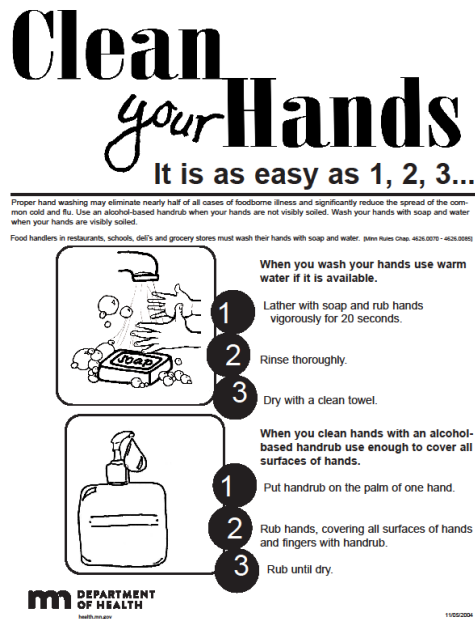
Appendix A - CSE Supplied PPE

Items

- Sanitizer
- Wipes
- Gloves
- Masks (disposable)
- Face Shields
- Spray Disinfectant
- Thermometers
- Spray Bottles

Appendix B - COVID Awareness Examples

Sample 1 – Personal Hygiene



Sample 2 – TRM Hand Washing Reminder

Used by sinks in classrooms

WASH YOUR HANDS



WASH FOR 30 SECONDS - OR SING THE ABC'S

Sample 3 – MDE COVID-19 Prevention Poster

Health Screening



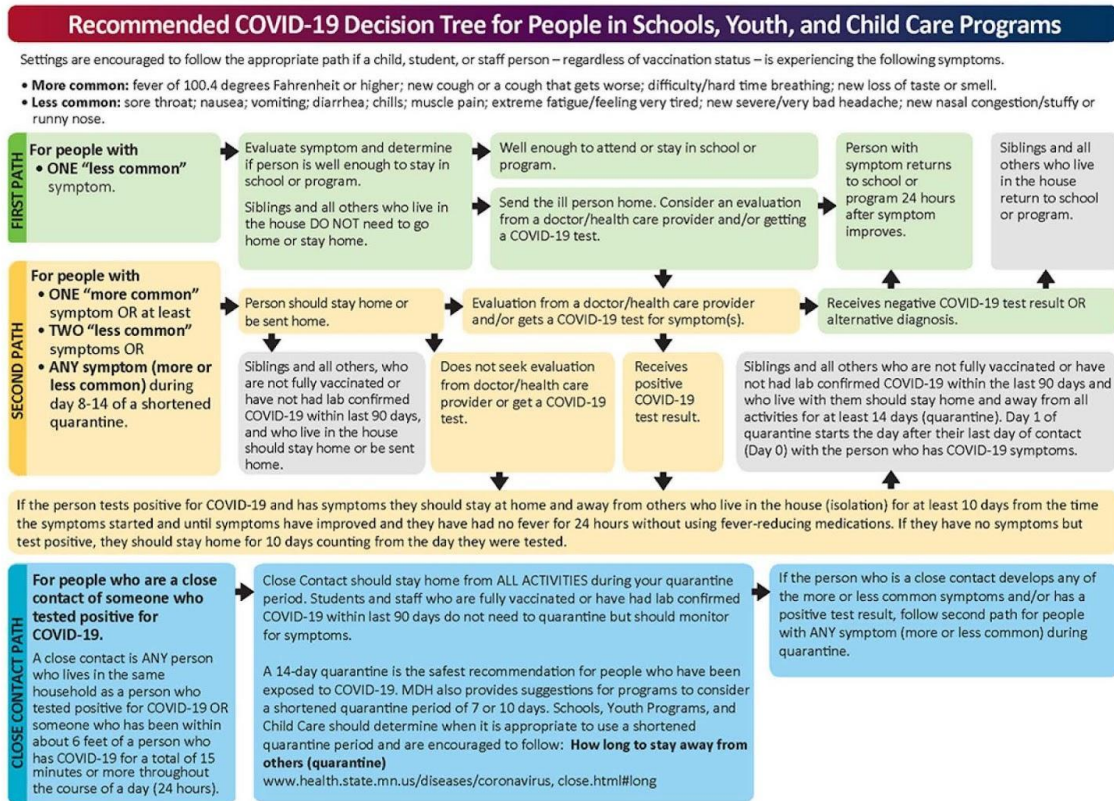
If you have any of these symptoms,
go home, stay away from other people,
and get tested.

- FEVER OR FEELING FEVERISH
- CHILLS
- COUGH
- SHORTNESS OF BREATH
- SORE THROAT
- MUSCLE ACHES
- LOSS OF SMELL OR TASTE

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04 / 14 / 2021

Appendix C – COVID-19 Decision Tree



Minnesota Department of Health | health.mn.gov | 651-201-5000 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975
Contact health.communications@state.mn.us to request an alternate format. | Updated 5/27/2021

Appendix E - HIPAA Authorization for Release of Test Results

HIPAA AUTHORIZATION FOR RELEASE OF TEST RESULTS

I have given my consent for my child to take part in COVID-19 testing managed by Three Rivers Montessori. By signing this authorization, I also consent to the following uses and sharing of my test results and related personal information:

- The testing laboratory may provide my child's COVID-19 test result, including health information that could be linked to my child personally, to the Midwest Coordination Center.
- The Midwest Coordination Center may maintain a record of and release my child's COVID-19 test result, including health information that could be linked to my child personally, to Three Rivers Montessori.
- Three Rivers Montessori may maintain a record of my child's test result.
- The Midwest Coordination Center, the testing laboratory and the Three Rivers Montessori may communicate with each other about my test result and related personal information to manage my child's test result.

I understand that if my child's test result or related personal information is shared as I am permitting here, persons authorized to receive the information may not be restricted by federal or state privacy law from further sharing with others.

I understand that I have the right to cancel this authorization at any time, by sending written notice of my cancellation to the Midwest Coordination Center at support@testedandprotected.org.

If I cancel this authorization, I understand it will not affect any previous use or disclosure of my child's test result before the date that Midwest Coordination Center receives the notice of cancellation.

I understand that I do not need to sign this authorization in order for my child to receive health care treatment (including COVID-19 testing NOT managed by Three Rivers Montessori or health insurance benefits).

Unless I cancel this authorization, I understand that it will remain in effect for two years after the date of my signature below, or such earlier date as state law may require.

I understand that I have a right to receive a copy of the authorization once it is signed.

Student #:

(Parent/Guardian, or Legal Representative of child listed above)

Child Name:

(Required Signature)

D.O.B:

(Relationship to child)

Homeroom Teacher:

(Date)

Grade

**This signature is required for this form. This form can be signed by the child's parent, legal representative, court-appointed guardian, or other description.*

The signer's relationship to the child must be written on this form. Relationships could be "parent", legal representative, or other description.