



## COVID-19 SYMPTOMS, TESTING, ISOLATION, AND QUARANTINE

Deciding when a child is too sick to go to preschool can be a difficult decision for parents to make. Natural Start Preschool's COVID-19 Health and Safety Plan has been established in accordance with current guidelines from the Washington State Department of Health (<https://doh.wa.gov/emergencies/covid-19>), the King County Departments of Health (<https://kingcounty.gov/depts/health/covid-19.aspx>), and the Bellevue School District (<https://bsd405.org/services/health/covid-19-health-and-safety/>).

**If your child has symptoms of COVID-19 (see below), tests positive for COVID-19, or is identified as a close contact of someone who has COVID-19, they should quarantine or isolate as appropriate. This page outlines the details of quarantine and isolation and provides specific guidelines for each.**

### COVID-19 SYMPTOMS

If your child is experiencing any of the following symptoms, please keep them home and test them for COVID:

- |   |                            |
|---|----------------------------|
| ✓ Fever (100.4F / 38C or higher)              | ✓ Congestion or runny nose |
| ✓ Chills                                      | ✓ Nausea or vomiting       |
| ✓ Shortness of breath or difficulty breathing | ✓ Diarrhea                 |
| ✓ Muscle or body aches                        | ✓ Headache                 |
| ✓ New loss of taste or smell                  | ✓ Fatigue                  |
| ✓ Cough (new, changed, or worsening)          | ✓ Sore throat              |

**Remember:** The best way to prevent the spread of COVID-19 is to avoid exposure to others. Regardless of COVID-19 vaccine status, anyone with symptoms should stay home and get tested.

### COVID TEST RESULTS

**Students with COVID-19 symptoms should stay home until they have the results of their testing.**

- **Negative Result:** If your child has COVID-like symptoms and receives a negative test result, consider retesting every 24-48 hours through at least 5 days after symptoms started. Students may return to preschool when they have had no fever within the past 24 hours (without medication) and their symptoms have significantly improved.
- **Positive Result:** See "Isolation" guidance below and notify our preschool director right away.

### ISOLATION

Students who test positive for COVID-19 should stay home for at least 5 days and isolate from others in the home in order to avoid spreading COVID-19 to others. Day 0 is the first day of symptoms. For people without symptoms, day 0 is the day of the positive viral test. See "Isolation and Quarantine Calculator" for additional information: <https://doh.wa.gov/emergencies/covid-19/isolation-and-quarantine-covid-19/isolation-and-quarantine-calculator>.

**Your child may return to preschool after 5 full days of isolation if:**

- They test negative with an antigen or at-home test by day 5 (where day 0 is the day of symptom onset or positive test date), **AND**
- Their symptoms have significantly improved or they are asymptomatic, **AND**
- They have been without a fever for the past 24 hours without the use of fever-reducing medications, **AND**
- They wear a certified, well-fitted N95/KN95/KF94 mask (or equivalent) for 5 additional days after returning to preschool (days 6-10).

**EXPOSURE/QUARANTINE**

Regardless of vaccination status, students who are potentially exposed to COVID-19 should take the following steps as detailed in the DOH “What to do if you have been exposed to COVID-19” flowchart (<https://doh.wa.gov/sites/default/files/2023-02/420456-COVID19DecisionTrees.pdf>):

- Monitor for symptoms for 10 days after the last date of exposure, **AND**
- Get tested 3-5 days after the last date of exposure (*if the test is positive, the student must isolate – see “Isolation” above*), **AND**
- Consider retesting 24-48 hours after your first test, **AND**
- Wear a certified, well-fitted N95/KN95/KF94 mask (or equivalent) to preschool for 10 days after the last date of exposure.

**If the exposed student develops new symptoms, they should:**

- Immediately isolate at home, **AND**
- Get tested for COVID-19.

See DOH “What to do if you were potentially exposed to someone with COVID-19 for more information: <https://doh.wa.gov/sites/default/files/2022-02/COVIDExposed.pdf>.

**NATURAL START PRESCHOOL: COVID-19 FAQ’s**

**Employee COVID-19 Vaccination**

All Natural Start Preschool teachers and staff are fully vaccinated against COVID-19.

**Exclusion of Individuals with Symptoms and/or Diagnosis of COVID-19**

- Any Natural Start Preschool student, teacher, or staff member who has symptoms of COVID-19 is required to stay home and should get tested and/or see a health care provider and follow the return-to-school protocol outlined above.
- Any Natural Start Preschool student, teacher, or staff member who tests positive for COVID-19 is required to isolate at home and follow the return-to-school protocol outlined above. This isolation guidance applies regardless of vaccination status.

**Face Coverings**

In accordance with current guidelines for preschools and early learning centers from the Washington State Department of Health and the King County Departments of Health, mask wearing as a COVID-19 mitigation measure is **optional** at Natural Start Preschool. This means that mask wearing in both indoor and outdoor settings will be an individual choice for students, staff, families, visitors, and volunteers. We understand that

some individuals may need to wear a mask because they or a member of their household is at high risk for severe COVID-19 disease. NSP teachers and staff will respect each family's choice and ensure that their preference is honored while we work together to ensure a safe learning environment for all.

While masks are no longer required universally in school settings, there may be situations when the use of well-fitting masks will be temporarily required. These situations include:

- For a student, teacher, or staff member on days 6-10 when they return to school/work from quarantine after having been exposed to COVID-19.
- For a student, teacher, or staff member on days 6-10, with a negative COVID test by day 5, when they return to school/work from isolation after having tested positive for COVID-19.
- Masks may also be required as a response to an outbreak or cluster of cases in a classroom or group or in a specific setting.

## **General Health and Safety Measures**

Natural Start Preschool will also employ the following measures to help prevent the spread of COVID-19 and to ensure the health and safety of all our students, teachers, and staff:

- Teachers and staff will monitor students during preschool hours for signs of illness and will contact parents/guardians for early pickup if symptoms develop.
- Regular handwashing and hand sanitizing routines are built into our daily schedule.
- Class sizes are in accordance with county and state guidelines.
- During snack time, teachers will closely monitor students to ensure they do not share food or drink.
- All preschool materials will be cleaned and disinfected after each use.
- Preschool materials that cannot be easily cleaned and disinfected will be removed from the curriculum, such as stuffed animals, pillows/cushions, soft or porous learning manipulatives, etc.
- All preschool classrooms and facilities will be cleaned and disinfected by preschool staff before and after each use. In addition, the South Bellevue Community Center employs a professional maintenance staff that cleans and disinfects the classrooms, restrooms, and all other community center facilities each night.
- While physical distancing is no longer required in schools, it may be considered as a mitigation measure to help prevent the spread of COVID-19.

## **Ventilation**

- As a nature-based program, Natural Start Preschool students, teachers, and staff will continue to spend a significant portion of their daily class time outdoors, which the CDC regards as one of the most important COVID mitigation strategies for schools.
- All scheduled preschool family events will be held outdoors during the 2023-24 school year.
- Restroom breaks and classroom activities will take place inside the South Bellevue Community Center building, which is equipped with a state-of-the-art ventilation system utilizing the highest quality MERV 13 filters.
- Classroom windows can also be opened to bring in outside air and encourage air flow within the classrooms.

## **Where Can I Access COVID-19 Vaccines?**

COVID-19 vaccines are available across King County, Washington state and nationally. Availability varies by location. For more information about COVID-19 vaccines, including links to vaccine clinics near you, use the following link: <https://doh.wa.gov/emergencies/covid-19/vaccine-information>.