

HMS Community COVID-19 Cheat Sheet:

In the morning before school:

Check your child's temperature before school and assess their general well-being. If your child or anyone in your home has any of the following symptoms, please keep them home:

- *new or worsening cough
- *shortness of breath, difficulty breathing
- *new loss of taste or smell
- *fever (temperature of 100 or greater or feeling feverish)
- *sore throat
- *muscle aches and pains
- *headache
- *nasal congestion/runny nose
- *nausea/vomiting/diarrhea/abdominal pain

Note: If your child has any of the higher risk symptoms (fever/feverishness, cough, shortness of breath or loss of taste/smell OR two or more of the other symptoms above, your child should be seen by your health care provider and tested for COVID-19 if possible.

After school:

*Before coming into the house, have your child's backpack, lunchbox, bottom of shoes and hands disinfected.

If your child or someone in your home tests positive for COVID-19:

*Notify the Health Department immediately or check with your health care provider if they are doing that and contact HMS at (205) 437-9343. After hours, please email us at hms@hilltopmontessori.com and we will respond as quickly as possible. The school needs to know so we can reach out to the health department for guidance and will assist the administration to determine the best course of action for HMS. We will be prepared with a list of possible contacts of the cases within the school as identified by contact tracing and the health department will ultimately determine which contacts require home isolation or testing.

Protocol for isolation and return to school for COVID-19/Other:

- **Symptomatic children and adults**
Anyone with an illness that is unlikely to be COVID (single low-risk symptom resolving in 24-48 hours or non-infectious diagnosis e.g. migraine, allergies) may return to school when symptoms have improved and afebrile for ≥ 24 hours (usual policy for any illness).
 - This person does not need to see a physician or be tested to be cleared to return to school. If symptoms do not resolve quickly, the individual should be assessed by a physician and considered for testing.
 - If this person is a contact with a known COVID case, then this person should be seen by a physician and tested to determine if he or she can return to school or requires isolation.
 - Anyone with a COVID-like illness (one high-risk or two or more low-risk symptoms) should be assessed by a physician and tested for COVID (as well as influenza, RSV, group A *Streptococcus* depending on the signs and symptoms).
 - If the test is negative, or another pathogen is identified and the person is not a contact of a COVID case, then he or she can return to school when symptoms have improved and afebrile for ≥ 24 hours.
 - If the test is positive or no test is done (and no other pathogen identified), this person must stay home for minimum of 10 days and be afebrile with improving symptoms for ≥ 24 hours.
Asymptomatic children and adults
 - Anyone who is a contact of a known case of COVID must be isolated at home for 14 days from the date of last potential exposure to the COVID case. If there is ongoing exposure to the case in the household then the date of last potential exposure is 10 days after the onset of symptoms of the COVID case.
 - If this person develops symptoms during this 14-day period, he or she should continue isolation for 10 days beyond the day of onset of symptoms and have improving symptoms for ≥ 24 hours and no fever.
- * If anyone in the household develops symptoms of COVID during the 14-day isolation period, then the start date of the isolation period resets to the first day of symptoms for that contact and must continue for 10 days after that exposure.
- * * If this person remains asymptomatic during this 14-day period, testing for COVID is not recommended as the best timing for such a test is unknown and a negative test would not shorten the period of isolation.
- *Anyone who has not been exposed to a COVID case and is asymptomatic should not be tested.