

DMA's Guidelines/Policy Response to COVID-19

1. Once we find out a cadet is positive for COVID-19, we will do contact tracing within the school and sports setting. Please be willing to quickly provide information regarding the 48 hours prior to the positive test/start of symptoms. Below are some of the questions that will be asked by the school nurse. If you are able to send the answers to these questions with the positive COVID test result to the school nurse, that would be helpful. Please see below for questions. This information will be passed along to DPH for further evaluation.

Questions for COVID positive person:

1. Why did your cadet get tested? Exposure? Symptoms? Something else?
 2. What symptoms does your cadet have and what specific date did they start?
 3. Does your cadet play any sports? If so, what sport?
 - a. What was the last day your cadet attended the sport for practice or game?
 - b. Does your cadet ride with anyone to a sports game or practice and/or home? If so, who?
 4. When was the last day your cadet was in the school building?
 5. Does your cadet ride a bus? Which bus? Who sits with your cadet?
 - a. If no bus, how do you get to school?
 6. Have you been around any DMA cadets since symptom start date and/or test date?
 7. Is your cadet vaccinated?
 8. Has anyone in your household tested positive?
 9. Please send test result to school nurse with the answers to the above questions.
2. Positive COVID case guidelines, attendance and schoolwork:
 - A positive cadet will be out of school for 5 days after symptom start date, or positive test, if no symptoms. Please refer to the infographic on page 3.
 - Upon return on day 6, if symptom and fever free, cadets will still be required to wear a mask properly for days 6-10, inside and outside. During lunch, the cadet should seat themselves 3ft from others and only have mask off for no more than 15 minutes.
 - Asynchronous work will be provided via Schoology. If you have any questions, please reach out to your teachers.
 - After the first 5 days they will be marked accordingly by the teacher.
 - If a Parent emails or calls the school nurse Mrs. Dolan will update our calendar and Ms. Kryspin will excuse as needed (up to the 10 days with the proper documentation).
 - Parents MUST contact the school nurse and attendance officer to let them know if their cadet is still experiencing symptoms and will remain out of school. If a parent does NOT contact the school the cadet will be marked absent unexcused for not returning.
 - With being allowed to return after 5 days (symptom free) we cannot assume they will remain out for all 10 without parent contact.
 3. Based on the information provided by parents, coaches, and staff members from DMA, a close contact list will be made. This information will be sent to DPH as required by the State to help with contact tracing of a communicable disease.
 4. What is a close contact?

- In schools, a close contact is defined as any student within 3 feet sustained for 15 minutes or more, or any adult within 6 feet sustained for 15 minutes or more, regardless of mask use. Also, anyone between 3 and 6 feet sustained for 15 minutes or more without masks.
 - Students who were more than 3 feet from an infected student are not considered close contacts if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. Adults who were more than 6 feet from an infected student or adult are not considered close contacts.
5. Parents of close contact cadets will be informed by DMA on what to do next.
- **VACCINATED**
 - Please refer to the infograph on page 3 to determine if your cadet needs to quarantine or not based on if they are eligible for the booster and have received it.
 - If you need to quarantine and you would like you cadet to stay in school during this time, please reach out to the school nurse to get information regarding the Test to Stay Program.
 - Close contacts should wear a face covering for 10 days around others both at home and when not at home. During lunch, they should seat themselves 3ft from others and only have mask off for no more than 15 minutes. The individual should monitor symptoms for 10 days and if symptoms develop, get tested.
 - **UNVACCINATED**
 - If an unvaccinated student is a close contact of a positive case, the student should quarantine for 5 days from the date of his or her last exposure to the positive case member. Individuals should continue to monitor symptoms for 10 days after exposure. Please refer to infograph on page 3.
 - During lunch, they should seat themselves 3ft from others and only have mask off for no more than 15 minutes.
 - If you would like your cadet to be able to be in school during the quarantine period, please reach out to the school nurse to get information regarding the Test to Stay Program.
 - Cadets are required to log in to Schoology for asynchronous work. You will be marked as an excused absence for attendance and will be required to do all asynchronous work for classes. Assignments are not excused.
 - Attendance will be updated upon return to school.
- Can I use a home test?
 - A home test can be used for school purposes if having symptoms and test positive. A home test with a negative result but having symptoms, or a negative test post exposure, cannot be accepted for return to school purposes. The tests have to be a PCR test or a rapid test done by a medical provider that is sent to a lab.
 - What if you have a negative PCR after a positive PCR?
 - The positive PCR still stands. Isolation for 5 days from symptoms start date or test date is the guidance from the CDC and DPH.
 - What if my cadet cannot wear a mask for medical reasons?
 - DMA is requiring a licensed medical doctor's note stating exemption from mask mandate. This should be from your cadet's primary care provider who is an MD or DO.
 - What do we do if another member of the household test's positive for COVID-19?
 - If a member of the cadet's household has tested positive for COVID, the cadet will need to quarantine at home if **unvaccinated**. If the cadet is **vaccinated**, they will not need to quarantine, but should still avoid the positive family member until their isolation period ends and follow the '**vaccinated**' instructions on infograph attached.

Please understand that these guidelines may change per DPH's guidance per each situation. This is being provided to give you and understanding of the process, but it is not guaranteed for every situation

How to Respond to Positive COVID-19 Tests & Close Contacts in School Settings



What is the definition of a close contact in school settings?

Close Contacts: In schools, any student within 3 feet sustained for 15 minutes or more, or adult within 6 feet sustained for 15 minutes or more, regardless of mask use. Also, anyone between 3 and 6 feet sustained for 15 minutes or more without masks.

Not Close Contacts: Any student more than 3 feet from an infected student, only if both the infected student and exposed student correctly and consistently wore well-fitting masks the entire time. Also, anyone more than 6 feet from an infected student or adult.

TEST POSITIVE FOR COVID-19

ISOLATE – For 5 days, regardless of vaccination status

- Report positive case to school nurse/COVID coordinator.
- Provide information for any close contacts from the school environment.
- **With Symptoms:**
 - 1) You can end isolation **5 days after** symptoms first appeared
 - **IF:** 24 hours with no fever without the use of fever-reducing medications
 - **IF:** Other symptoms of COVID-19 are improving (loss of taste/smell may last weeks and should not delay end of isolation)
 - **AND:** You must wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.
- **Without Symptoms:**
 - **Isolate for 5 days** since your positive COVID-19 test. You must wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.
- If you are unable to wear a mask, isolate for 10 days

CLOSE CONTACTS

IF YOU:

- Are 18+, fully vaccinated and boosted when eligible; or
- Are 5-17 and fully vaccinated (even without booster) ***starting 1/31 ages 5-17 who are not boosted when eligible are to quarantine for 5 days per CDC update.**
- You had a viral-test confirmed case of COVID-19 within the last 90 days.

THEN:

- **No quarantine** is required
- **Wear a well-fitting mask for 10 days** around others both at home, and when not at home
- Test on day 5 after your exposure if possible (not required if positive COVID-19 test in last 90 days)
- If symptoms develop, isolate at home immediately and get a test.

IF YOU:

- Are unvaccinated, or partially vaccinated
- You are 18 +, fully vaccinated but haven't gotten booster if eligible (five months after complete Pfizer/Moderna series, or two months after J&J vaccine).

THEN:

- Stay home (**quarantine**) for **5 days**.
- **Wear a well-fitting mask** around others at home and outside of home for **another 5 days**
- Test on day 5 after your exposure if possible
- If symptoms develop, isolate at home immediately and get a test.

Read Updated CDC Guidance on Isolation and Quarantine

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

Social Distancing in Schools

CDC recommends **schools maintain at least 3 feet of physical distance between students within classrooms, combined with indoor mask wearing** to reduce transmission risk. When it is not possible to maintain a physical distance of at least 3 feet, such as when schools cannot fully re-open while maintaining these distances, it is **especially important to layer multiple other prevention strategies**.

**These procedures outline general guidelines, but each case is assessed based on the facts of each unique situation.
Design based on document issued by Haines Borough, Alaska: <https://www.hainesalaska.gov/covid19>

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