

# GUMP COVID-19 Policies and Procedures

Revised October 1, 2023

The latest GUMP COVID Policies and Procedures were developed based on the Virginia Department of Health recommendations for schools and child care programs.

## Isolation and Quarantine Guide:

- **Symptomatic individuals:** should begin isolation at home and undergo testing as recommended by their healthcare providers. The day symptoms began should be counted as day 0. This is regardless of vaccination status.
  - Children or staff will not come to school if he/she has any of the following:
    - fever of 100.4 or higher, now or in the preceding 24 hours (or would have, but have used fever reducing medicine)
    - cough
    - sore throat
    - muscle aches
    - difficulty breathing
    - new loss of taste or smell
    - diarrhea, vomiting, or abdominal pain
    - new onset of severe headache, especially with a fever

**If an individual test positive for COVID** regardless of vaccination status they should isolate at home for at least 5 days. If the individual is asymptomatic or symptoms are resolving and they have been fever free for 24 hours, they may return to school after day 5 if they are over the age of 2 years and able to wear a properly fitting mask. They must wear the mask through day 10.

If the individual is under the age of 2, unable or unwilling to wear a properly fitting mask during the above requested amount of time, they must either isolate for 10 full days or follow the CDC “test based strategy”. The CDC “test based strategy” includes two negative antigen tests after 5 days of isolation, the individual must be fever free for 24 hours and other symptoms must be improving. The first COVID test must be on day 6 or after, the second test should be 48 hours after the first test.

- GUMP does have rapid tests onsite that the Norfolk Health Department has supplied us with. You may contact me for one if you would like to use these. You must follow the instructions provided by the Norfolk Health Department.
- If a staff member or student of GUMP comes to school with COVID symptoms or develops COVID symptoms while at GUMP they will be asked to wear a properly fitted mask (if over the age of 2) while in the building and will be sent home to pursue medical evaluation

and/or testing. While waiting to be picked up by their caretaker the student will be supervised by the (masked) director, isolated away from the other children.

It is the responsibility of the staff and parent(s)/guardian to let the preschool office know if a child is showing symptoms of being sick. Office administration will then determine whether or not a child needs to be picked up due to illness. The preschool office's regulated thermometer will be used to determine whether or not a child has a fever. If a child becomes sick at school, office staff will call the parent(s). In the event the parent(s) cannot be reached, the emergency contacts will be called. If a child needs to be picked up from school due to illness, it is the expectation that he/she will be picked up from the preschool within 30-60minutes. While waiting for the child to be picked up the child will wait with the director away from other children.

If a child is sent home due to a fever of 100.4 or more and the fever is gone within 24 hours without the use of fever reducing medicine; and the child has not been exposed to a confirmed or suspected COVID-19 positive nor is showing any of the other above signs of COVID-19; nor has a rash or is showing signs of another communicable illness; the child may return to school after the 24 hour period. Please read and follow the health information in the GUMP Parent Handbook.

- **For individuals who have had a recent confirmed or suspected exposure to an infected person** regardless of vaccination status do not need to quarantine as long as they remain asymptomatic. Individuals may want to consider testing for COVID 5 days after their exposure or sooner if symptomatic.

## **Handwashing & General Health Guidelines**

Good handwashing hygiene is expected of both our staff members and our students. Staff members will be washing their hands regularly and facilitate a classroom environment where the students will do so as well.

All children and staff will engage in hand hygiene at the following times:

- Arrival to the facility and after breaks
- Before and after preparing food or drinks
- Before and after eating or handling food, or feeding children
- Before and after administering medication or medical ointment
- Before and after diapering
- After using the toilet or helping a child use the bathroom
- After coming in contact with bodily fluid
- After playing outdoors or in sand
- After handling garbage

Wash hands with soap and water for at least 20 seconds. If hands are not visibly dirty, alcohol-based hand sanitizers with at least 60% alcohol can be used if soap and water are not readily available.

Except for diapering or when eating, preparing, or serving food, hand-sanitizing products with 60-95% alcohol content may be used as an alternative method to handwashing. Hand sanitizer must be stored out of reach of children when not in use.

- Avoid touching his/her face.
- Cover coughs and sneezes with a tissue; throw the tissue away immediately.
- Staff will be expected to sanitize items in the classroom regularly. Prior to the end of shift, staff will sanitize: frequent touch points, counters, tables, chairs, toys, etc. The preschool will provide supplies for each classroom to have a bleach/water solution; staff members will prepare this daily.
- Items that have been used by a student or put in their mouth will be placed in a provided "dump bucket" and sanitized by staff prior to the end of their shift.
- All cleaning materials will be kept secure and out of reach of children. Cleaning products will not be used near children, and staff will ensure that there is adequate ventilation when using these products to prevent children from inhaling toxic fumes

Hand sanitizer will be available for parents to use during drop off and pick up if they chose.

## **Diapering**

When diapering a child, staff will wash their hands and wash the child's hands before they begin, and wear gloves. Follow safe diaper changing procedures. Steps include:

- Prepare (includes putting on gloves)
- Clean the child
- Remove trash (soiled diaper and wipes)
- Replace diaper
- Wash child's hands
- Clean up diapering station
- Wash hands after diapering
- Disinfect the diapering area with bleach/water solution. If the surface is dirty, it will be cleaned with detergent or soap and water prior to disinfection.
- No cloth diapers until further notice.

*Please note that this policy will be updated as new CDC guidelines are issued and/or as needed.*