

Dear Parents,

As we enter into the colder weather, we are aware that cold and flu season is upon us. Combine that with rising cases of COVID, and we understand that it may be difficult to know whether or not to bring your child to school. We wanted to send out a short message to remind everyone the COVID procedures for our school community and the best practices for keeping our schools safe and healthy. These procedures and regulations come from the CDC.

1. If you, your child, or someone in your household becomes ill with two or more of the following symptoms, please **keep your child home until you receive a negative test result and/or a clearance from the doctor.**
   1. Fever
   2. Sore Throat
   3. New uncontrolled cough that causes difficulty breathing (for a child with chronic allergic/asthmatic cough, see if there is a change from their usual cough)
   4. Diarrhea, vomiting, or stomachache
   5. New onset of severe headache, especially with a fever
2. If your child tests positive for COVID and has symptoms, your child may return to care after:
   1. 10 days since symptoms first appeared **and**
   2. 24 hours with no fever without the use of fever-reducing medications **and**
   3. Other symptoms of COVID are improving.
3. Children who test positive for COVID but do not have symptoms can be around others 10 days after their first positive COVID test.
4. Children who had close contact with **a parent, guardian, or family member** who has (suspected or confirmed) COVID should stay home for the **full ten day quarantine**. After completing that quarantine, the child must continue to quarantine and may get tested **five days after** that quarantine. If the test is negative, the child may return to care three days after testing. If it is positive, refer to section 2. The reason for the extended quarantine in this case is because reasonable quarantine cannot be expected between a member of the child's household and the child. Therefore, the family member could feasibly infect the child on the tenth day of their quarantine. It is for this reason that we require the child to wait five days before testing after the family member's quarantine is over.
5. If a child is exposed to someone **outside** the home and is considered a close contact, quarantine can be ended in two ways:
   1. After day 10 without any testing
   2. After day 7 after receiving a negative test result (test must occur on day 5 or later). This would mean that child could return to care on day 8. It should be noted that the day of exposure is considered day zero.

We understand that these guidelines can be difficult to adhere to, but being overly cautious will keep our TLC family safe and healthy.

Thank you for your attention in this matter!

Jen and Colleen