



MMCH Health and Safety Policy

General Health Policy

The MMCH school policy is that sick children should be kept home or will be sent home if they have any of the following (**please note that there are specific guidelines for COVID-19 related symptoms or exposures**):

1. Fever (defined as temperature over 100.4) and/or a sore throat, cough, skin rash, lesions on mucous membranes (lips, mouth), difficulty breathing or changes in behavior such as lethargy, irritability or persistent crying. Your child may return to school when fever-free without acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) for 24 hours and other symptoms have subsided.
2. Prolonged diarrhea or vomiting (more than 1 time). Your child may return when symptoms have stopped.
3. Abdominal pain that persists for more than 2 hours or intermittent pain associated with fever.
4. Any illness, injury, or condition that prevents your child from participating comfortably in activities as determined by the staff or results in a greater need for care than the staff can provide without compromising their ability to care for other children.

Covid-19 Policy

Below are strategies to mitigate the spread of COVID-19 in our community, as well as other infectious diseases such as influenza (flu), respiratory syncytial virus (RSV), and norovirus, and are subject to change based on [COVID-19 Community Levels](#), or in response to an outbreak in our school community.

Symptomatic and/or Testing Positive for COVID-19:

People who have symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, or other [symptoms of COVID-19](#) should stay home and be tested for COVID-19 using a PCR or [Antigen tests](#) to test for current infection.

- ❖ Persons with positive results should follow CDC's [COVID-19 isolation guidance](#).
- ❖ Persons with positive test results should wear a mask for 10 full days after positive results/symptoms began, or receive two (2) negative antigen tests taken 48 hours apart, after day 5.

- ❖ Children who test positive for COVID-19 may return to school 10 full days after testing positive and/or symptoms begin if fever-free for 24 hours without fever reducing medication and symptoms have started to subside.
 - After day 5, a child can take two (2) antigen tests 48 hours apart. **If both tests are negative, the person may return to MMCH before day 10, and are not required to wear a mask.**
- ❖ Adults who test positive for COVID-19 may follow CDC guidelines regarding isolation, quarantine, and testing. If symptoms are subsiding after 5 full days of isolation, they may return to work and wear a well-fitting mask or respirator until day 10.
 - After day 5, an adult can take two (2) antigen tests 48 hours apart. **With two sequential negative tests 48 hours apart, the adult may remove their mask sooner than day 10.**

Exposed to COVID-19

- ❖ Wear a mask when close to others while indoors.
- ❖ Monitor for symptoms.
- ❖ Test at day 5 after exposure or prior if symptoms develop.
- ❖ If negative, continue to wear a mask when indoors and close to others for the full 10 days and monitor for symptoms.
- ❖ If positive, see guidelines for isolation.

Additional Information...

- ❖ People who develop symptoms while at MMCH will be asked to wear a well-fitting mask or respirator while in the building and arrangements to go home will be made immediately. Children will be supervised by a designated caregiver wearing a well-fitting mask until able to go home.
- ❖ MMCH will contact families and staff if they have been exposed to COVID-19 within the MMCH school community with recommendations for next steps and additional resources from the CDC. **Please note:** if a person has tested positive for COVID-19 in the last 90 days, contact your healthcare provider or visit the CDC website for testing recommendations:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html#choosing-a-test>
- ❖ People may choose to wear a mask whenever they deem necessary. For example, a student or staff member may choose to wear a mask when there is increased community spread or they have a family member with a compromised immune system. MMCH will support any parent, staff member, or student who chooses to wear a mask or respirator, regardless of community spread.

Mitigation Strategies

MMCH promotes health and wellness in our classrooms at a holistic level by giving lots of opportunities to work and play outdoors. We provide healthy, whole, locally grown snacks, and

encourage all families to pack a “rainbow” of foods for their child(ren) each day. Younger children are provided time and space to take a 1.5 - 2 hr nap each afternoon, and older children are provided quiet afternoon activities to let their bodies recharge.

MMCH follows good practices to address the spread of illness, including frequent hand washing by both staff and children, disinfecting surfaces frequently, spending time outdoors each day, and providing adequate ventilation and air filtration when indoors. These strategies will increase and/or be modified when there is a heightened level of viral transmission in our community (including COVID-19, HFMD, whooping cough, etc.).

Parents (not the child) should make the decision on when a child should go to school and when the child should stay at home. Once at school, the teacher or the director will make the decision to send a child home due to illness.

We also ask that parents please take a moment to call the school and let us know your child is ill. If your child has been diagnosed with a contagious illness such as the flu, strep throat, conjunctivitis, or chicken pox, or COVID-19, please tell the school ASAP so that we may inform parents of illnesses their child may be exposed to. This helps parents and their medical professionals target treatment and save office visits and money. **The MMCH staff cannot adequately inform parents of what is going around unless the parents take time to let the staff know.**

Should a child become ill at school, he or she will be isolated. Parents will be notified and will make arrangements to take the child home.

Emergency Care

In the event of an accident or sudden onset of illness, the school will not hesitate to seek proper care for a child. The child’s individual emergency instructions on file in the school office will be consulted immediately and the parents will be called. If necessary the child will be transported to the hospital by ambulance or emergency vehicle. The consent statement, signed by parents, will accompany the child so that treatment can be given immediately in the absence of the parent. It is imperative that you keep the emergency contact information in the office up-to-date!

Medication

The MMCH staff will administer prescription medication only upon written order from a physician or according to the labeled instructions on the original medicine container and with a written, signed and dated request from the parent.

MMCH will not administer any nonprescription medication to a child without written, signed and dated parental permission naming the medication and dosage.

Children who require medication to control a fever should be kept home.

Injury

In the event of a minor injury, first aid will be administered by a qualified staff member (teachers and assistants are certified in first aid) and the child will be made as comfortable as possible. A written accident report will be filled out for any injury requiring first aid and the report will be given to the parent at the end of the school day. On occasion, parents will be called regarding accidents or injuries that do not require emergency care, but may require a parent's further attention, or for which a parent may want to seek non-emergency medical care. Please note that while every effort is made to give parents an accident report in a timely manner, there may be situations when an accident is communicated verbally before a report is completed (e.g. a minor injury occurring on the playground just before pickup time).