COVID-19
QUICK REFERENCE GUIDE
FOR FAMILIES

We continue to harness optimism and remain ready with flexibility for a year of opportunities for our students and for our entire Cougar community. In order to preserve the health of our Cougars, we have employed COVID-19 safety protocols, detailed in our 2021-22 Pandemic Policies, and we are pleased to share this quick reference guide. Please recognize that these policies pertain to all members of our community that visit Collegiate School’s campus and that our protocols may continue to be updated through the fluidity of the pandemic.

UPDATED:
Jan. 10, 2022
STOP!

SELF-CHECK HEALTH SCREENING
DO NOT ENTER CAMPUS IF

- YOU HAVE TESTED POSITIVE FOR COVID-19 OR HAD A KNOWN EXPOSURE (AND HAVE NOT YET MET CRITERIA TO RETURN TO CAMPUS, SEE PAGE 3)

- YOU HAVE ANY OF THE FOLLOWING SYMPTOMS
  
  - Fever of 100.00 degrees fahrenheit or higher
  - New or worsening cough
  - Difficulty breathing or shortness of breath
  - Flu-like symptoms (headache, chills, muscle aches)
  - Loss of taste or smell
  - Sore throat
  - Gastrointestinal symptoms (nausea, vomiting or diarrhea)
  - Increased congestion or runny nose

*The School will continue to update the list based on CDC and state guidance as may be appropriate

ANYONE EXHIBITING ANY OF THESE SYMPTOMS SHOULD:

- Stay home from school
- Notify appropriate division office

Division offices will notify our school nurses, who are available for medical follow-up and questions.

SCHOOL NURSES
Lower School
804.741.9776
Middle and Upper School
804.741.9788

DAILY SYMPTOM SCREENINGS PRIOR TO ARRIVAL

Parents/guardians must screen students daily for symptoms of COVID-19 prior to their arrival on campus. Faculty, staff, parents, volunteers and any guests must also self-screen. (Note: We will not be recording self-screenings through the Magnus Health App, or any other program, this year.)
WHAT TO DO IN CASE OF POSITIVE TEST, EXPOSURE OR SYMPTOMS

In case of positive test, exposure or symptoms, please contact your division office and follow the guidelines below. Divisions will be in touch about remote learning and nurses will follow-up regarding medical concerns as needed.

ALL COVID-19 POSITIVES (REGARDLESS OF VACCINATION STATUS)

• Isolate at home for 5 days. Use a separate bedroom, utensils and avoid common areas of the home as much as possible.
• May return starting on day 6 as long as asymptomatic or symptoms are resolving, including being fever-free for 24 hours.
• Provide copy of the positive test to nurse prior to return.*
• Upon return through day 10, must wear a mask when around others, both indoors and outdoors, including recess, sports and other activities.

EXPOSURES THAT DO NOT NEED TO QUARANTINE

Applies to the following individuals:
– Ages 18 and older and have received all vaccine doses, including boosters when eligible.
– Ages 5–17 years and completed the primary series of COVID-19 vaccines.
– Confirmed COVID-19 within the last 90 days (tested positive).
• May attend school as long as asymptomatic.
• For 10 days you must wear a mask when around others, both indoors and outdoors, including recess, sports and other activities.
• Test on day 5 if possible.
• If symptoms occur, stay home until symptoms are resolving, including being fever-free for 24 hours. Provide a copy of the negative test to the nurse prior to return. (Presumed positive until proved otherwise.) *

EXPOSURES THAT MUST QUARANTINE

Applies to the following individuals:
– Ages 18 and older and completed the primary series of vaccines, but have not received a recommended booster shot when eligible.
– Not vaccinated or have not completed a primary vaccine series.
• Quarantine at home for 5 days.
• Test on day 5 and may return starting on day 6 as long as asymptomatic and negative test.
• Provide copy of negative test to nurse prior to return.
• Upon return through day 10, must wear a mask when around others, both indoors and outdoors, including recess, sports and other activities.

SYMPTOMS WITH NO KNOWN EXPOSURE (REGARDLESS OF VACCINATION STATUS)

Stay home until symptoms are resolving, including being fever-free for 24 hours. Provide copy of negative test or doctor’s note to nurse prior to return.

* All COVID-19 tests must be FDA approved. Can be either a laboratory test result or a home test with a picture of the test result and lot number.
COLLEGIATE’S MASKING POLICY IS IN PLACE TO TRY TO PRESERVE HEALTH AND LIMIT EXPOSURE-RELATED ABSENCES AS MUCH AS PRACTICAL AND POSSIBLE WHILE PROVIDING A FULL EDUCATIONAL EXPERIENCE FOR OUR COUGARS.

Everyone must mask indoors unless specifically told otherwise. Masks must be properly fitting and worn over the nose and mouth. Masks are generally not required outdoors, though they may be needed at some gatherings, as well as for individuals that are exposures when around others per CDC guidance (see page 3). The School recognizes that in many settings people may still feel most comfortable wearing a mask. We ask that everyone in our community uphold the values exemplified by the School and respect the individual decisions one may make regarding masking outdoors.

DEFINITION OF CLOSE CONTACT/EXPOSURE PER CURRENT CDC GUIDELINES

A close contact/exposure is someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual five-minute exposures for a total of 15 minutes).

EXCEPTION:

In the classroom setting, the close contact definition excludes students who were within 3-6 feet of an infected student where both students were engaged in consistent and correct use of well-fitting masks and other prevention strategies were in place.

*Except in a stationary outdoor classroom setting where distance is less than 6 feet or when otherwise instructed.
COMMUNICATION/REPORTING A CASE

TO PROMOTE THE HEALTH AND SAFETY OF THE ENTIRE SCHOOL COMMUNITY, ALL POSITIVE CASES OF COVID-19 SHOULD BE REPORTED TO THE SCHOOL. Positive cases and known household exposures should be reported to the student’s division head.

An internal reporting structure has been put in place to ensure confidentiality, and the School’s nurses will follow up with individuals reporting a positive case. Individuals will be notified of possible exposure to illness and/or cases of COVID-19 should they or their child(ren) be impacted. Students and/or faculty who are not vaccinated will be asked to remain at home if the School believes there has been close contact/exposure with a symptomatic person awaiting COVID-19 test results.

In general, only those Collegiate community members who were in close contact (exposed) with the infected individual will be informed of a positive case of COVID-19. The entire school or campus community will not be informed about a positive case unless the School is instructed to share this information by a public health authority. Due to health privacy considerations, the names of those who test positive or are exposed to COVID-19 must be kept confidential. The School’s COVID-19 Dashboard, available on PawNet, provides information on total cases and the number of quarantining or isolating individuals.

It is our expectation that all infected and exposed individuals will be treated with respect, dignity and compassion, consistent with Collegiate’s values and appreciation for the individuals who create our sense of community. The School expects members of the community to help build and maintain a positive School environment by not participating in or tolerating gossip, or otherwise spreading rumors regarding one’s exposure to COVID-19 or vaccination status.

Please upload your children’s updated vaccination cards to Magnus, including booster information, as relevant. From the School website, login to PawNet and go to the Magnus resource board. While Collegiate does NOT require vaccination, quarantine requirements currently differ for those who are exposed depending upon vaccination status.

Potential sources for COVID-19 testing, vaccination and boosters:
- Your medical provider
- Pharmacies
- BetterMed public portal
- KidMed
- Patient First
- TestHere
- Richmond and Henrico Community Testing Events
- Virginia Department of Health’s list of testing sites

In addition to laboratory tests, Collegiate now accepts home tests with a picture of the test result and lot number. All tests must be FDA approved.

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REMOTE LEARNING OPPORTUNITY EXPANDED

As of January 2022, we have updated our online learning protocols for ill students due to the prevalence of Omicron, bronchitis, flu and the strain on the testing supply chain. For those who are symptomatic and awaiting testing / results, as well as those who are known exposures and positives, Collegiate is offering online learning. In order to allow time for preparations to be made and materials picked up for synchronous learning, Lower School will have a 48-hour period and Middle School a 24-hour period before online learning begins. Upper School does not have a waiting period. Our goal is to provide continuity of learning for those who feel well enough and wish to continue their studies, while also mitigating risk and maintaining a healthy environment on campus. Of course, taking a sick day(s) is always an option as needed and we encourage rest and recovery.

After you notify your division office of your child’s illness, positive test or exposure, we will make arrangements for remote learning as appropriate. You are always welcome to reach out to your division head with questions.