

The background of the slide is a blurred photograph of a classroom. Several young children are seated at their desks, all wearing white face masks. The room is brightly lit, and educational materials are visible on the walls and shelves in the background. A large, dark blue diagonal shape cuts across the lower right portion of the image, serving as a design element for the text overlay.

# COVID-19 Health & Safety Protocol Update

March 25<sup>th</sup>, 2021

**Littleton Public Schools**

# General Overview

## COVID-19 is still here

Littleton community is currently in the yellow zone for public health metrics

Must continue to follow mitigation strategies  
wear well-fitted mask of at least 2 layers  
frequent hand washing  
physical distancing  
avoid unnecessary travel

Most important  
do not bring sickness into school community.

**Coronavirus**  
COVID-19



### Complete mandatory symptom checklist below prior to coming to school:

- Temperature 100.0°F or higher, chills or shaking chills
- New onset of cough
- Shortness of breath or difficulty breathing
- Sore throat
- Headache (with other symptoms)
- Fatigue (with other symptoms)
- Body or muscle aches
- Nausea, vomiting, diarrhea
- Nasal congestion or runny nose (with other symptoms)
- New onset of loss of taste or smell

If yes to any of the above, stay home and get tested for COVID:

- If negative, may return to school if symptoms have improved AND remain fever-free for at least 24 hrs without the use of medications
- If positive, must isolate

# REVIEW – Quarantine & Isolation Protocols

## Isolation Protocol (For COVID+ Individuals)

- Remain home except to get medical care (isolate from others in the home who are not infected)
- Notify the school and personal close contacts
- Answer the call from local board of health or MA Community Tracing Collaborative
- May resume normal activities when 10 days of isolation is complete AND symptoms have improved AND remained fever-free for at least 24 hours without the use of medications
- Submit Clearance from Isolation letter from board of health to school nurse

## Quarantine Protocol (For Close Contacts)

- Remain home, notify school nurse, and actively monitor for COVID symptoms (incubation period for COVID is 2-14 days)
- If no symptoms, recommend to get tested on Day 5 from exposure (PCR or rapid antigen test)
- If experience symptoms (even mild ones) may test sooner and MUST quarantine for 14 days even if test is negative
- 14 day quarantine = gold standard, maximal risk reduction
- 10 day quarantine ~1% residual risk of disease development (no test necessary, must actively monitor for symptoms for full 14 days)
- 7 day quarantine ~5% residual risk of disease development
  - Requires negative test result on Day 5 or later
  - Remain symptom free
  - Must actively monitor for symptoms for full 14 days

**Coronavirus**  
COVID-19



# Student Attendance & Access to Learning

- Attendance is required on all scheduled school days. If a child is absent, it is the responsibility of the parent/guardian to keep the school informed each day of the absence. Parental communication is essential as well as appreciated.
- Students will be provided with access to an educational program in the event that the reason for absence is associated with a documented need to adhere to an established health and safety protocol (e.g. student is defined as a close contact, student is asymptomatic but required to quarantine, awaiting COVID-19 test results, etc...) but are otherwise healthy and able to engage in learning. Your child's school will work with you to coordinate a plan that aligns with the individual circumstances.
- Students who are ill and not able to engage in learning should remain home to recuperate from their illness.
- All relevant attendance policies remain in effect.

attendance  
**MATTERS**



# UPDATE – Close Contacts (CDC guidelines)

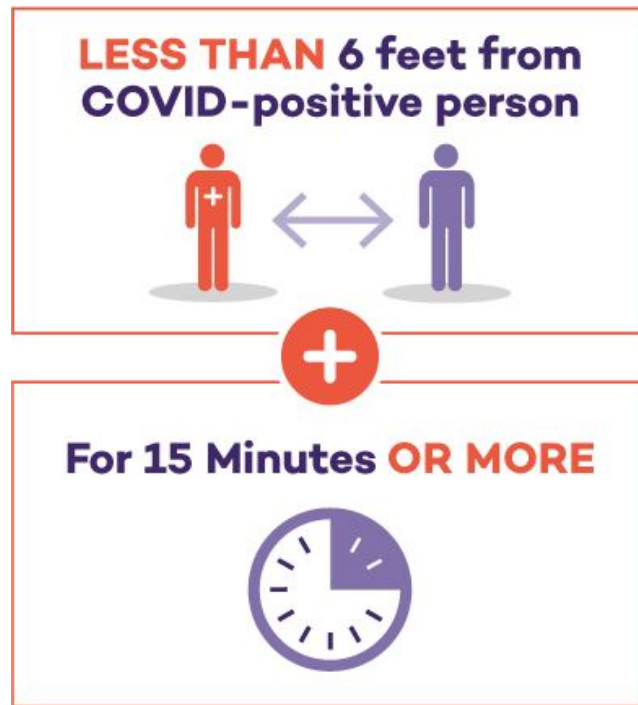
## Definition:

*someone within 6 feet of a person diagnosed with COVID-19 for a total of 15 minutes or more over a 24 hour period, regardless of whether either person was wearing a mask.*

- For schools that use less than 6 feet between students in classrooms, the definition of close contacts has not changed to date. Students sitting less than 6 feet next to another student or person diagnosed with COVID-19 for a total of 15 minutes or more should quarantine at home and be referred for testing.”

## Exclusions to being identified as a close contact:

- People who tested positive for COVID-19 within the past 3 months and recovered, *as long as they do not develop new symptoms*
- People who have been fully vaccinated\* against COVID-19 and show no symptoms



## Reference:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html>

# Fully Vaccinated Individuals (CDC guidance)

## DEFINITION

Fully vaccinated individual for COVID-19 A minimum of 2 weeks after a person received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or a minimum of 2 weeks after they have received a single-dose vaccine (Johnson and Johnson/Janssen)



## Fully vaccinated people should continue to:

- Wear well-fitted mask, practice physical distancing, and adhere to other prevention measures:
  - In public
  - When visiting unvaccinated people who are increased risk for severe COVID-19 disease or who have an unvaccinated household member at increased risk for severe COVID-19 disease
  - When visiting with unvaccinated people from multiple households
- Avoid medium- and large-sized gatherings
- Get tested if experiencing COVID-19 symptoms
- Follow guidance issued by individual employers
- Follow CDC and health department travel requirements and recommendations

# School Facilities and Operations

## Previous Guidance (DESE):

- **Desks:** must be at least 3 feet apart, facing same direction if students together for longer than 20 min
- **Facemasks:** required for grades 2 and up unless a student receives a medical or behavior exemption
- **Bus Capacity:** 1 student per bench
- **Recess:** At least 3 feet distance between students unless unmasked, then at least 6 feet. Hand hygiene before and after using recess space. Cohorts maintained if possible. Clean and disinfect high-touch surfaces made of plastic or metal at least daily or between cohort use



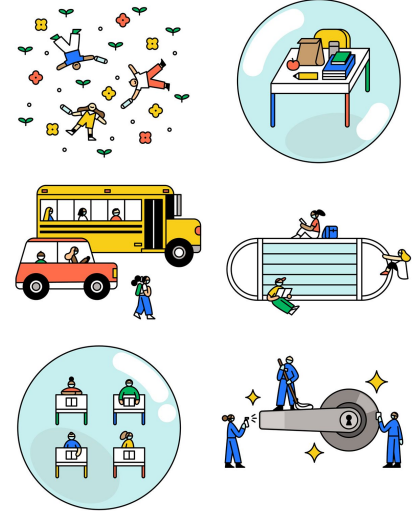
**Updated Guidance (DESE):** **Desks:** CDC agrees at least 3 feet distance between students in elementary grades; same in middle and high school as long as no high community spread of COVID

- **Facemasks:** required for all grade levels unless a student receives a medical or behavior exemption; required even for those fully vaccinated
- **Bus Capacity:** capacity limit lifted in elementary schools as long as all other safety protocols are followed (all must wear masks, windows open at least 2 inches, seat assignments); same in middle and high schools as long as no high community spread of COVID
- **Recess:** Same safety protocols except playgrounds do not require disinfection. High touch surfaces made of plastic or metal should be frequently cleaned. Shared items like balls or jump ropes may be used but should be cleaned between each use

# School Facilities and Operations (continued)

## Maintain safety protocols:

- **Signage:** Continue to use signage and markers to follow health and safety protocols, indicate direction of movement, to encourage physical distancing
- **Physical distancing:**
  - Teachers and staff should maintain 6 feet of distance from students and other staff when feasible (short distance ok for short periods of time if helping a student individually, walking between desks, etc)
  - consider use of different entrances and exits for arrival and dismissal, stagger transitions, no locker use or stagger locker use, prevent congregation in hallways - keep students moving
- **Visitors:** Continue to not host visitors to the extent possible
- **Bathroom Use:** limit the use of students in the bathroom at one time, for example using a bathroom sign-out system





# Lunch Protocols (DESE guidelines)

## Previous Guidance:

**Distance:** strict 6 feet distance between students unless plexiglass barriers are used

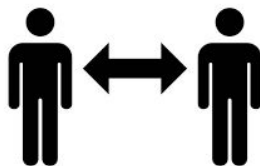
**Preferred area:**

**Hand hygiene:** required before and after eating

**Cleaning:** Desks and other surfaces used while eating should be cleaned between use

**Meal distribution:** Prepare meals as individually packaged, to-go style lunches and consider delivering meals to students/each classroom

**Water fountain:** cannot be used for direct consumption. Provide potable water using single-use cups that may be filled at touchless fountains (preferred) or other water fountains, water jugs, or coolers.



SOCIAL DISTANCING



## Updated Guidance:

**Distance:** strict 6 feet distance between students. Plexiglass barriers are not recommended due to challenges in cleaning and disinfecting regularly, and may prevent optimal airflow.

**Preferred area:** May use multiple areas to increase physical space for meals, e.g. classrooms, cafeteria, outside eating areas, gym, rooms used for specials

**Hand hygiene:** no change

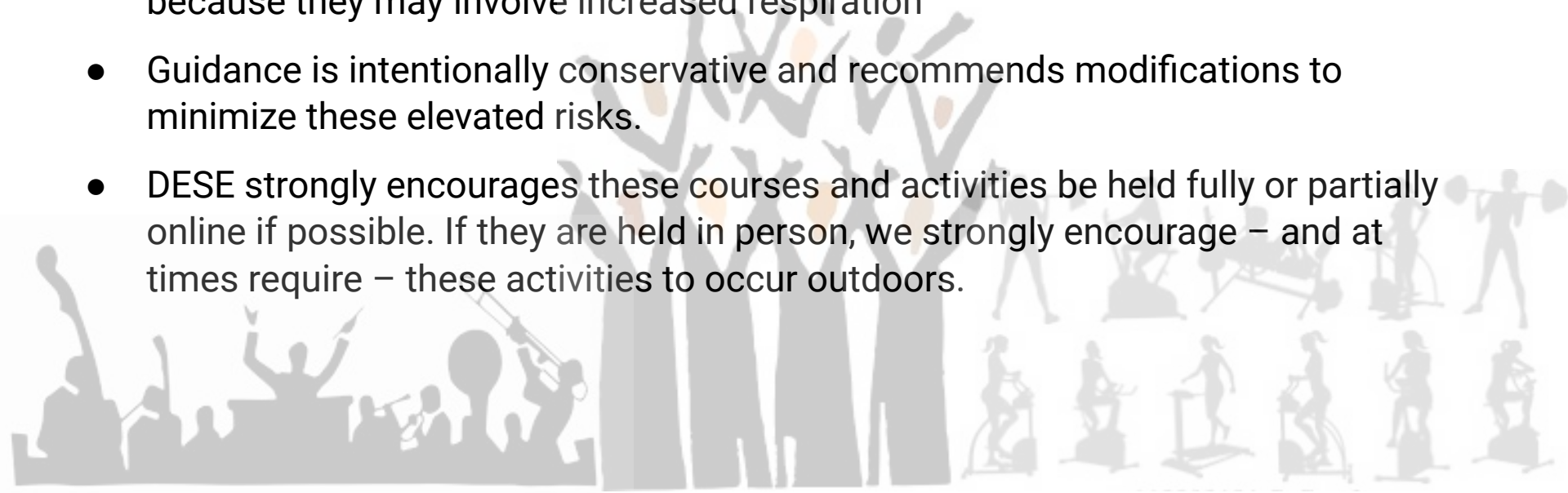
**Cleaning:** no change

**Meal distribution:** no change

**Water fountain:** no change

# UPDATE – Chorus/Band/PE Protocols (DESE)

- Chorus, singing, brass or woodwind instrument use, physical education activities, dance, and theater require enhanced health and safety measures, because they may involve increased respiration
- Guidance is intentionally conservative and recommends modifications to minimize these elevated risks.
- DESE strongly encourages these courses and activities be held fully or partially online if possible. If they are held in person, we strongly encourage – and at times require – these activities to occur outdoors.



# Physical Education

- No close physical contact.
- Physical education should prioritize activities that do not require shared equipment. .
- Prioritize outdoor activities, whenever possible.
- Students should wash or sanitize hands before and after physical education. Particular attention should be paid to washing and sanitizing hands before and after masks are removed and put on, if applicable.
- No sharing of water bottles, towels, mouth guards, helmets or other equipment that comes into contact with the nose or mouth is allowed.
- As part of the school cleaning/disinfecting protocols, frequently clean and disinfect high-touch surfaces (e.g., any equipment used) between uses and at least daily.

Outdoors w/out masks - 10 feet of distance

Outdoors with masks - 6 feet of distance

Indoors with masks - 6 feet of distance



# Chorus, Singing, Musical Theatre

- If outdoors, with masks encouraged if possible, these activities can occur with at least 10 feet of distance between individuals.
- If indoors, with masks required, these activities can occur with at least 10 feet of distance between individuals if in-person school is occurring.

## **Note:**

**Limited to 30 minutes at one time**

**These activities cannot occur indoors without a mask.**

- Tight, well-fitting masks
- Large, well-ventilated spaces
- Lower volume
- Students facing one direction
- Avoid sharing materials



# Band & the Use of Musical Instruments

- instruction for musical instruments that require air blowing (e.g., flute, oboe, clarinet, trumpet, saxophone, trombone) can occur outdoors or indoors, if in-person school is occurring, when individuals are at least 10 feet apart. These instruments should never be shared.
- Instruction for musical instruments that do not involve air blowing (e.g., strings, percussion, piano) may continue indoors or outdoors as long as health and safety requirements are met. If needed, these instruments can be shared between students in accordance DESE guidance

DESE strongly encourages these courses and activities be held fully or partially online if possible. If they are held in person, DESE strongly encourages and at times require these activities to occur outdoors.



# UPDATE – Travel Order > Travel Advisory

Effective Monday, March 22<sup>nd</sup>

the Massachusetts Travel Order was replaced with a Travel Advisory:

- all visitors entering Massachusetts, including returning residents, are urged to quarantine for 10 days upon their arrival.
- Travelers are encouraged to consult and follow the CDC's guidelines and requirements for travel.



# Travel Advisory – Exemptions

## **Travelers are exempt from this advisory if:**

- They obtained a negative COVID-19 test result, administered up to 72 hours prior to their arrival in MA. If not obtained before entry to MA, a test may be obtained after arrival, as long as travelers quarantine until a negative test result has been received
- They are fully vaccinated (i.e. who have received two doses of either the Moderna or Pfizer COVID-19 vaccines OR who have received a single dose of the Johnson & Johnson vaccine, 14 days or more ago) AND who do not have symptoms
- They returned to MA after being out of state for fewer than 24 hours
- Children younger than 10 years old (our local board of health recommend that all travelers, including children follow the travel advisory)

# COVID-19 hasn't left the building...

3/21/2021

- A Massachusetts high school has switched to remote learning after what officials are calling the largest coronavirus outbreak in the town since the start of the pandemic and as a result has closed to in-person learning until at least April 5
- the outbreak in the community followed an off-campus, non-school event town health and school officials became aware of last week.
- The outbreak has led an estimated 100 residents to become exposed to the virus,



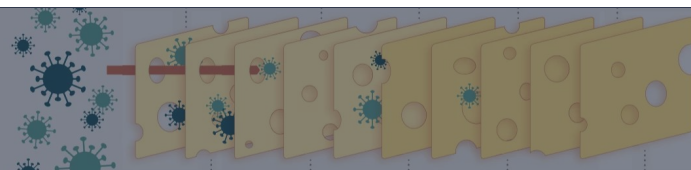
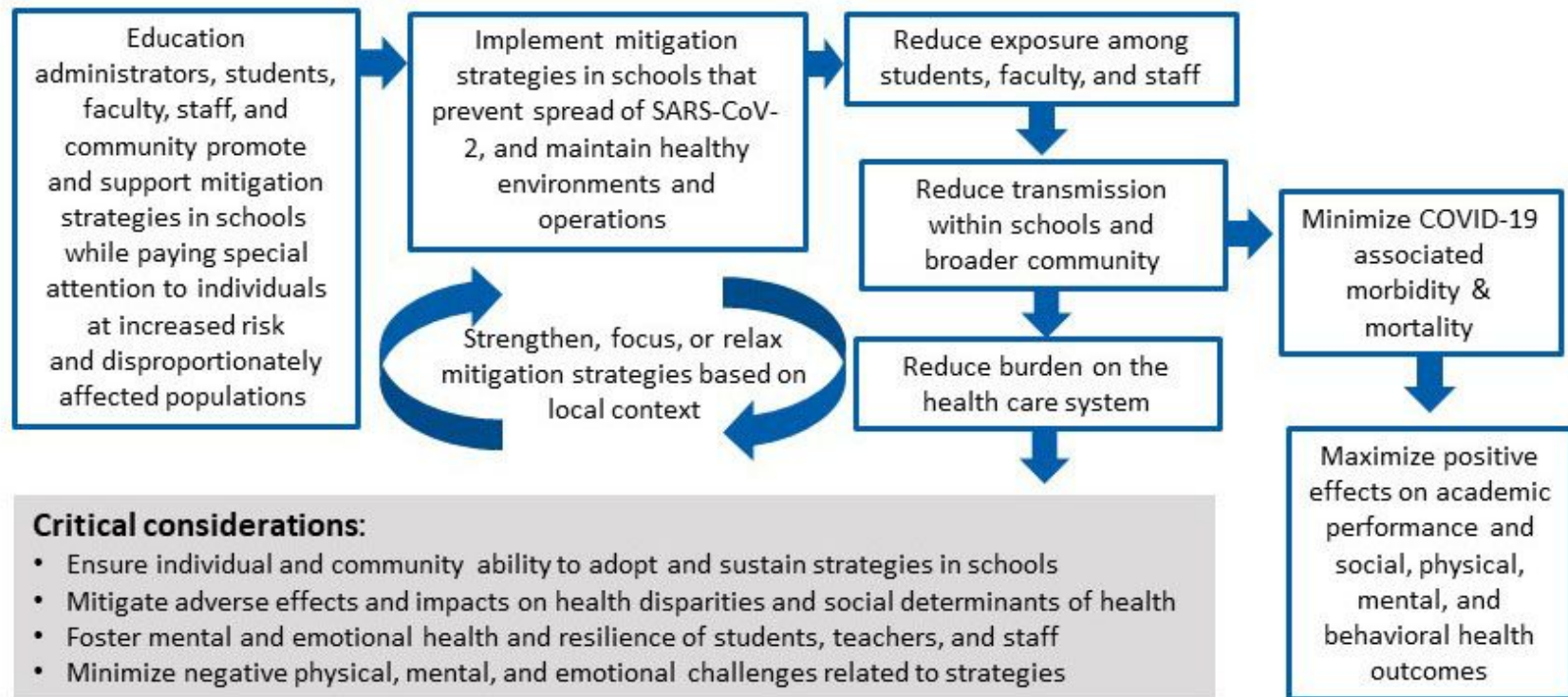


# Clusters – In the news...

- Dozens of people have tested positive for COVID-19 in connection with a cluster at a youth cheerleading facility in Massachusetts.
- There have been 37 coronavirus cases across 14 cities and towns since Monday, tied to the training facility. That number does not include family members or close contacts of participants, according to officials.



# COVID-19 Mitigation Strategies in K-12 Schools



# References

<https://www.doe.mass.edu/covid19/on-desktop.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

<https://www.cdc.gov/coronavirus/2019-ncov/php/monitoring-evaluation-k-12.html>

<https://www.mass.gov/info-details/covid-19-isolation-and-quarantine-information>

<https://www.mass.gov/info-details/covid-19-travel-advisory>

<https://www.nbcboston.com/news/local/covid-cluster-tied-to-weymouth-cheerleading-facility/2333325/>

<https://www.masslive.com/coronavirus/2021/03/swampscott-high-school-moves-to-remote-learning-amid-largest-covid-outbreak-town-has-seen-during-the-pandemic.html>