

MITIGATE THE IMPACT: COVID-19 HEALTH OF THE CAMPUS (Cary Christian School)

Protect the Vulnerable

According to current knowledge, there are two serious concerns for a school community.

- A student or staff member with a compromised immune system
- A student that contracts the disease on campus and unintentionally spreads it off-campus

Every member of our community is precious to us. If your child has a compromised immune system or has unavoidable contact with someone who has a compromised immune system, we want to work with you either to develop on-campus accommodations or to offer remote learning. (Please use the survey to indicate your preferences and family needs.)



IMPORTANT: Talk to your child(ren) about how to engage with family members or friends who have a compromised immune system.



Focus on Symptoms

Keep COVID Off Campus

Our first priority is to pray diligently and to act wisely. We want COVID-19 to stay off our campus. While asymptomatic people are contagious, paying attention to symptoms will mitigate the threat of greater than moderate spread in our community.

- **Do not come to school with symptoms.** The most common presenting COVID-19 symptoms are fever, body aches, and cough. Other potential symptoms are loss of taste or smell. (For an extensive list, please review the [CDC's website](#).)
- **Do not come to school if you have had close contact (within 6 feet for at least 15 minutes) in the last 14 days with someone diagnosed with COVID-19, or if a health care provider has advised you to quarantine.**
- If you have traveled to an area locked down due to spread or have gone on a cruise, email COVID-19@carychristianschool.org before returning.

Returning to School

- A person can return to school when a family member can ensure that they can answer YES to ALL three of these questions:
 - Has it been at least 10 days since the child first had symptoms?
 - Has it been at least 3 days since the child had a fever (without using fever reducing medicine)?
 - Has it been at least 3 days since the child's symptoms have improved, including cough and shortness of breath?

If a person has had a negative COVID-19 test, they can return to school once there is no fever without the use of fever-reducing medicines and they have felt well for 24 hours.

If a person has been diagnosed with COVID-19 but does not have symptoms, they should remain out of school until 10 days have passed since the date of their first positive COVID-19 diagnostic test, assuming they have not subsequently developed symptoms since their positive test.

If a person has been determined to have been in close contact with someone diagnosed with COVID-19, they should remain out of school for 14 days since the last known contact, unless they test positive. In which case, criteria above would apply. They must complete the full 14 days of quarantine even if they test negative.

A person can return to school, following normal school policies, if they receive confirmation of an alternative diagnosis from a health care provider that would explain the COVID-19-like symptom(s), once there is no fever without the use of fever-reducing medicines and they have felt well for 24 hours. (StrongSchoolsNC: Public Health Toolkit (k-12) Interim Guidance)



Focus on Environment

Prepare Campus to Mitigate

Coronavirus and other contagious diseases like influenza spread through contact, in the air, and on surfaces. In close communities with school aged children, eliminating contact is impossible and arguably unhealthy.

Moderating Contact: We are significantly mitigating the spread of COVID-19 and Influenza through contact by creating space to prevent *unintentional contact between students*.

- We are focusing on creating enough space between Lower School desks to *mitigate unintentional contact and the sharing of school supplies*.
- Lower School mask protocols will be posted on Wednesday, July 15.
- Upper School students will be expected to *avoid contact in classes and the sharing of school supplies*.
- For Upper School students, *Masks will be required* when it is impossible to avoid contact (e.g. in the hallways).
- Wipes will be available in each classroom for students/teachers to wipe down their desks and chairs on a regular basis.

Fresh Air Plan: We are significantly mitigating the airborne spread of COVID-19 and Influenza by developing fresh air protocols.

- HVAC improvements (the air in each classroom will be exchanged twice per hour)
- Regularly opening windows
- Scheduling time to go outside

Reducing Surface Spread: We are significantly mitigating the surface spread of COVID-19 and Influenza by maintaining an OSHA approved antimicrobial and surface barrier protectant to clean and decluttered surfaces.

- **Decrease Clutter:** We are reducing the items in the stairwells; nothing will sit on top of the lockers.
- **Clean Surfaces:** While the building is cleaned nightly and is kept up by our day porter, we are going to clean all surfaces (including playgrounds) once a month with an OSHA approved product that reduces the potency of germs, bacteria, and viruses.
- **Apply a Surface Barrier Protectant:** Once a month an OSHA approved Antimicrobial will be applied to all surfaces (including playgrounds) to prevent viruses, bacteria, and other microbes from multiplying in the future for weeks and even months.



Focus on Spread

Prepare Community to Mitigate

Some research has indicated that with COVID-19, 10% of the population causes 80% of the spread.

1. **Wash your hands:** Hand sanitizing stations will be placed at all entrances and in every classroom. Students will also be reminded to wash their hands thoroughly whenever they are in the restroom.
2. **Cover your mouth:** Please have conversations at home with your children on the importance of keeping their hands away from their face (out of their nose, mouth, and eyes), on how to cover a sneeze or cough with their jacket/shirt and not with their hands, and on remembering to use hand sanitizer as necessary in the classroom (e.g. after using a tissue). Remind them that even if they are wearing a face covering that they should cover their mouths when they sneeze or cough.

What about masks? Employees and Upper School students (Grades 6-12) will be required to keep masks with them at all times and to wear them when instructed. On Wednesday, July 15, we will release a video explaining how to use a mask or gaiter and announcing our Lower School mask protocols. The required use of masks will be guided by the amount of spread in the Cary Christian Community and as advised by our Health Professionals Advisory Panel. To encourage the use of masks, all students and employees will be given a branded gaiter or protective face covering. (Please use a permanent marker to write your child's name on his/her masks.)

3. **Positive Cases:** If someone in our facility tests positive, we will send an email informing parents of what occurred, where the person was in the building, and for how long while protecting the privacy of the sick member of our community. If we can maintain a thoughtfulness that is suitable for those who trust in a sovereign God, then our children will follow behind us.
4. **Expect a measured and strategic response:** If someone in our building tests positive, we, with the guidance of our Health Professionals Advisory Panel, will choose between at least the following options:
 1. Enact our cleaning protocols to “surface clean” a specific room, hall, or the whole school.
 2. Require a class, a grade, a hall, or the school to remote learn for a short period to seek testing, and to watch for symptoms.
 3. Move as a school to remote learning for a short period until the spread slows.
5. **Report reasons for absences.**

If your child tests positive for COVID-19, please contact the school immediately at COVID-19@carychristianschool.org. Emails sent to this address will be handled with discretion and only seen by authorized employees. Your family should follow current quarantine procedures before returning to campus. (See “Focus on Symptoms” for Returning to School Protocol)
6. **The school will provide kind and quick care for children who become sick at school.**

If your child begins to cough or develops a fever, his or her teacher knows what to do. Teachers will not seek to shame or embarrass your child. Students who feel sick or look symptomatic will be taken or sent (depending on age) to the front desk. The school health coordinator will check his/her symptoms and care for them in the Care Room until you arrive.

For more details, read [What's Guiding Our Decisions?](#) then fill out the [MITIGATE THE IMPACT SURVEY](#) by Monday, July 20.

