



22 Knowlton Street  
Camden, Maine 04843  
**(207) 236-3358**  
**FAX (207) 236-7810**

**Maria Libby**  
Superintendent  
**Shawn Carlson, Ph.D.**  
Assistant Superintendent



## **Health and Safety Protocol**

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In an effort to keep our students and staff healthy and to support safe in person learning below are the current health guidelines. These guidelines can reduce the incidence of many infectious diseases in addition to preventing Covid-19 infection. One of the observations we have had over the previous several years is that simple steps can reduce the incidence of flu, colds, and Covid-19. These guidelines will be updated as needed.

### **GUIDELINES**

#### **Daily Health Screening**

We are asking families and staff to do a daily pre-screening of their health prior to accessing district schools and transportation. ***If your child feels unwell, please keep them home.***

#### **Hand Hygiene**

All students and staff should continue to exercise good hand hygiene using soap and water or hand sanitizer.

#### **Respiratory Etiquette**

All students and staff should cover their mouths and nose with the inside of their elbow when coughing or sneezing.

#### **Immunization**

There are a number of required vaccinations for students, but it does not include a COVID-19 vaccine. You will hear from your child's nurse if they are not up to date on any of the required vaccines.

#### **Masking**

Masks are optional in all settings in our schools, except in two circumstances.

1. Students or staff who return after 5 days of isolation (resulting from a positive test) must wear a mask for 5 additional days while in school. If a student or staff member had only mild illness (no shortness of breath or difficulty breathing), and they test negative on two consecutive antigen tests taken at least 48 hours apart after the 5 days of isolation, then they may stop masking immediately (even if it is before the end of the 5 additional days).
2. Nurses (or administrators in their stead) may require symptomatic students to wear a mask while they are being evaluated.

**Physicals**

Physicals are an important tool to maintain health and screen for potential health issues. They are required for participation in school sponsored athletic teams.

**Ventilation**

The ventilation in each building has been tested and upgraded over the past few years. All rooms and public spaces meet or exceed the recommended air exchange volumes per day. All filters meet or exceed recommendations for recirculated air.

**Testing Positive for COVID-19 Guidelines**

The following protocols were developed in consultation with local doctors and recommendations from the CDC.

*If a student or staff member is sick with cold or flu-like symptoms, they should perform an at-home test for COVID-19.*

**Notification**

If a student or staff member tests positive for Covid-19, please notify the school nurse of the date of the positive test and the date of symptom onset.

**Isolation**

Students and staff who test positive for Covid-19 must isolate at home for 5 days. When counting, date of symptom onset or date of positive test (whichever comes first) is considered "day 0".

**Ending isolation**

Individuals who are fever free, without the aid of fever reducing medications, and are experiencing improving symptoms may end isolation after 5 days.

**Masking through Day 10**

If you tested positive for Covid-19, you must wear a mask during days 6-10 when you return to school. However, if you test negative on two consecutive antigen tests taken at least 48 hours apart between days 6 and 10, then you may end masking after the second negative test.

**Athletics**

Students who have tested positive for Covid-19 will provide a note from their doctor or their parents indicating when they may return to play based on the recommendations from the American Academy of Pediatrics as described in Appendix A. (Students must mask through day 10 if they tested positive for COVID.) Appendix B outlines the graduated return to play developed the Maine American Academy of Pediatrics.

Links to further information

[Return to play for athletes after Covid 19](#)

## APPENDIX A

### Pediatric Clearance to Begin Return to Activity following COVID-19 Infection

Student Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date of symptom onset: \_\_\_\_\_ Date of COVID-19 test or diagnosis: \_\_\_\_\_

Date of Resolution of symptoms: \_\_\_\_\_ (based on student/parent report)

Self-isolation end date (can return to school): \_\_\_\_\_

Date of next follow up visit with PCP (if indicated): \_\_\_\_\_

**A. Asymptomatic and Positive COVID- 19:**

- o Patient has self-isolated 5 or more days since the positive test.
- o May start Gradual Return to Activity progression\* on this date: \_\_\_\_\_

**B. Mild Symptoms and Positive COVID-19:** *Mild symptoms at this time include: Fever higher than 100.4 F for less than 4 days, < 1 week myalgias, chills or lethargy*

- o Patient must self-isolate for at least 5 days after symptom onset and be symptom free (aside from loss of taste or smell) for at least 24 hours before being cleared to start Gradual Return to Activity progression.
- o May start Gradual Return to Activity progression\* on this date: \_\_\_\_\_

**C. Moderate Symptoms and Positive COVID-19:** *Moderate symptoms at this time include: Fever higher than 100.4F for greater than 4 days, ≥ 1 week myalgias, chills or lethargy, or non-ICU hospital stay and no signs of MIS-C*

- o Patient has been evaluated by their physician and completed any workup indicated.
- o Patient must be at least 10 days from positive test and symptom free (aside from loss of taste or smell) for at least 24 hours before being cleared to start Gradual Return to Activity progression.
- o May start Gradual Return to Activity progression\* on this date: \_\_\_\_\_

- D. **Severe Symptoms and Positive COVID-19/Hospitalized or MIS-C:** Patient will require Cardiology clearance to start Gradual Return to Activity progression\* at least 3-6 months after infection.
- E. **Remote history of COVID-19 infection AND currently asymptomatic after return to sport**
- o Patient is fully cleared for continued participation as long as remains asymptomatic

**All athletes who have been cleared for return to sport must continue to wear a well-fitting mask FULL-TIME when around others, including during exercise, until 10 days after positive test or symptom onset, or until an athlete has two consecutive negative antigen tests taken at least 48 hours apart between day 6 and 10.**

Please contact our office if you have any further questions or require further clarification.

Provider or Parent Printed Name: \_\_\_\_\_

Provider or Parent Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

## APPENDIX B

### GRADUATED RETURN TO PLAY – THE PROGRESSION

All **children younger than 12 years** with COVID-19 may progress back to sports/physical education classes according to their own tolerance once isolation and clearance have been completed. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 full days from positive test or symptom onset have passed, **or until an athlete has two consecutive negative antigen tests taken at least 48 hours apart between day 6 and 10..**

Individuals who are **12 years and older** should perform the following progression once isolation is completed and physician clearance has been obtained if indicated:

- **Asymptomatic/mild symptoms:** Minimum 1 day symptom free (excluding loss of taste/smell), 2 days of increase in physical activity (ie, one light practice, one normal practice), no games before day 3. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 full days from positive test or symptom onset have passed, **or until an athlete has two consecutive negative antigen tests taken at least 48 hours apart between day 6 and 10..**
- **Moderate symptoms:** Minimum 1 day symptom free (excluding loss of taste/smell), and a minimum of 4 days of gradual increase in physical activity (one light cardio workout on own, two light practices, one full practice), no games before day 5. A face mask should be worn for ALL physical activity, including games or scrimmages, until 10 full days from positive test or symptom onset have passed, **or until an athlete has two consecutive negative antigen tests taken at least 48 hours apart between day 6 and 10..**

All children and adolescents and their parents/caregivers should monitor for **chest pain, shortness of breath out of proportion for upper respiratory tract infection, new-onset palpitations (racing/fast/intense heartbeat), or syncope** (passing out or fainting) when returning to exercise. If any of these signs and/or symptoms occur, the AAP (American Academy of Pediatrics) recommends immediately stopping exercise and contacting a primary care provider to determine next steps.

**Return of symptoms during Graduated Return to Activity requires patient to contact their physicians office and notify school officials.**