

Coddington Learning Center

COVID-19 Handbook

Refer to this handbook for symptoms exclusion, quarantine guidelines for different situations, dropoff/pick up procedures, classroom policies, email notification, etc.

For questions email coddingtonlearningcenter@gmail.com or Call 402-477-7440 and ask for Jennifer.

The guidelines and recommendations for keeping a safe environment with COVID-19 are constantly updated and changed as we acquire new information. Lancaster County Health Department is dedicated to meeting with childcare providers bi-weekly via Zoom and answering our phone calls and questions every day. We understand the decisions and policies we implement impact our families' daily activities and plans. While some policies may cause longer out-of-care times for families or added duties for staff, we are committed to providing quality care based on what we know is best for the health and safety of our children, teachers, and staff.

Who to contact and what information we need:

1. If your child is not feeling well, email coddingtonlearningcenter@gmail.com or call 402-477-7440 with symptom information, and if we will call you back for guidance. If your child is not sick but staying home, please specify that.
2. If your child is being tested for COVID-19- call/email Jennifer with the date of onset of symptoms. This information will be used to determine if Coddington Learning Center needs to send out an "In-progress COVID-19 test, close contact" email.
3. Email test results or an alternative doctor diagnosis to coddingtonlearningcenter@gmail.com before returning. You can also bring in a paper copy on your child's first day back.
4. If someone in the household is being tested for COVID-19 or is experiencing symptoms, we ask you to keep your child at home until the results are in. If you have other children at the center they may not attend. Anyone waiting for COVID-19 test results cannot drop-off or pick-up their children.
5. We ask you not to drop-off/pick-up if you are sick and have not been diagnosed.
6. If anyone in the household is required to isolate/quarantine, call/email Jennifer to figure out the specific return date based on the situation.
7. Following **STRONG guidance for childcare centers from LLCHD**, **only PCR tests are acceptable for a child to return.** The rapid antigen or antibody test will no longer be acceptable for a child to return. Please read this online article and read the following FAQ from the LLCHD about testing: [Click here for the article.](#)

TestNebraska, Bryan Health, CHI Health St. Elizabeth's all provide free online risk assessments and PCR tests. TestNebraska does not require doctor notes for children to be tested.

Our commitment to quality of care

When our community is in the orange or red on the risk dial, we will be implementing stricter illness exclusion guidelines in an effort to continue to decrease the risk level. To help protect all children and teachers at our center, especially those who are at-risk or have at-risk family members, we felt compelled to follow the strongest guidance of the health department for child care centers. **We will continue to follow the 14-24 day quarantine for those who are close contacts of a positive COVID-19 case.**

Symptoms Exclusion & Return to Care Guidance

Children will be excluded from care and need to follow the COVID-19 test/isolation guide if they are experiencing the symptoms mentioned below. Families should still adhere to our regular illness exclusion guide for children home who are not feeling well, including uncontrollable coughing or runny noses that would cause an increase in the spread of germs, inability to participate in activities, etc. If your child has a communicable disease not related to COVID-19, please let us know so we can report it. **Children who have a fever of 100.4 or higher (99.4 under the arm), and no other symptoms, will be excluded until they have a negative COVID-19 test and have been fever-free for 24 hours without fever-reducing medication.**

Following STRONG guidance from LLCHD, only PCR tests are acceptable for a child to return. Negative rapid, antigen, or antibody tests will not be acceptable for a child to return.

Test for COVID-19 or Isolate for 10-days- If you have ONE of these symptom:

- Fever of 100.4 or higher (99.4 or higher under the arm)
- The onset of shortness of breath or difficulty breathing
- New onset of loss of taste or smell
- New onset of Cough

Return to care- ONE Symptom

- Fever of 100.4 or higher (99.4 under the arm)-
 - Proof of a negative test result, 24 hours fever free without fever-reducing medications and symptoms are improving.
 - Or self-isolate for 10 days (Day 1= first day of fever), 24 hours fever free without fever-reducing medications and symptoms are improving
 - Return on day 11

- New onset of Cough
 - Proof of negative test result and improvement of cough (croup diagnosis requires a negative test, see below)
- The onset of shortness of breath or difficulty breathing
 - Proof of negative test result and symptoms are improving
- New onset of Loss of taste or smell
 - Proof of negative test result and symptoms are improving

Test for COVID-19 or Isolate for 10 days- if you have TWO of these symptoms

- Chills longer than 2 hours
- Congestion and/or runny nose
- Nausea, vomiting, or diarrhea
- Sore throat
- Headache
- Muscle Pain
- Fever between 100.0-100.3 (99.0-99.3 under the arm)

Return to care-TWO Symptoms

- Proof of negative test result AND improvement of symptoms/fever free 24 hours without fever-reducing medication
- Or Self isolated for 10 days AND improvement of symptoms/fever free for 24 hours without fever-reducing medication
- Or Alternative medical diagnosis AND improvement of symptoms/fever free for 24 hours without fever-reducing medication AND
 - Been on antibiotics for 24 hours (if prescribed) OR written diagnosis stating if/when a child is not contagious (teething, ear infections, strep, pink eye, bacterial sinus infections, etc.) And improvement of symptoms
 - If the diagnosis is viral cold, allergies, or croup, the child needs a negative test result to return AND improvement of symptoms.

Return after ISOLATION or QUARANTINE

A person may not drop off/pick up if they were directed by a health professional or a state, federal or local health department to isolate or quarantine.

Definitions from the CDC

Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

A close contact is someone who was within 6 feet of an infected person for at least 15 cumulative minutes over a 24 hour period, starting from 2 days before illness onset (or, for asymptomatic clients, 2 days prior to positive specimen collection) until the time the patient is isolated.

- It is important you let us know your child is testing for COVID-19. If your child attended school 2 days prior to symptom onset, we need to know so we can inform families of the exposure.

Quarantine dates have been updated by the CDC in order to shorten a quarantine time to 7 days if a person is not symptomatic and tests negative or 10 days if they are not symptomatic and continue to monitor for symptoms AND can successfully wear a mask until the completed 14 days. Coddington Learning Center is NOT following the new CDC shortened quarantine times for children to return as they cannot successfully wear masks correctly for the duration of the 14 day quarantine time. Children cannot return earlier than the 14/24 days of quarantine, regardless of a negative test.

COVID-19 Testing & Vaccine Quarantine Exclusions

1. Those who have tested positive for COVID-19 in the last 3 months: If a teacher or your child tests positive for COVID-19 per the CDC website, they would not need to quarantine or be tested for COVID-19 again within 3 months. The LLCHD suggested that even if they develop symptoms, they would not need to be tested as the COVID-19 virus will still show up on a test after they are no longer contagious. If a child develops symptoms, we will still follow our illness exclusion policy, see our Parent Handbook. We will need positive COVID-19 tests on file to determine the 3 months your child would be excluded from needing to be tested or quarantined.
2. Those who have been fully vaccinated: For individuals who have received a full series of a COVID-19 vaccine (for the purposes of this section, a COVID-19 vaccine is any COVID-19 vaccine that has received Emergency Use Authorization from the US Food and Drug Administration) and who have had close contact with a person(s) within the 48 hours prior to symptom onset of the following symptoms: sudden onset of cough sudden onset of shortness of breath, or sudden loss of taste or smell; or who has a fever of 100.4 or above (99.4 under the arm), chills, muscle aches, headache, sore throat, nausea or vomiting, diarrhea or fatigue; or with a person who has tested positive for COVID-19 or during the 48 hours prior to the person testing positive for COVID-19 whichever event occurs earlier, may meet the following conditions in lieu of quarantine: appropriately wear face-covering or mask for 14 days following exposure and self monitor.

Quarantine/isolation scenarios

Read the applicable scenario to estimate when your child may return to care. *** Official return date must be given by the LLCHD and reported to Jennifer. We will have different return dates than the LLCHD callers if they used the following 2 policies for your child's return to care day: the CDC's updated 7/10 day quarantine or "masking in the house" as a substitute for required isolation/quarantine from others.

Child tests positive for COVID-19

- A. Complete 10-day isolation (Day 1= onset of symptoms/test day)
- B. Can return on Day 11 with the improvement of symptoms AND 24 hours fever-free without fever-reducing medication.

A person in the child's household identified as a close contact of a confirmed positive (but not the child)- cannot quarantine from the child (wearing a mask inside the home will not provide an exclusion from this policy):

- A. Contact and child complete 7/10 quarantine as required and monitor for symptoms (this option is acceptable as the child themselves is not considered the close contact, as long as the close contact continues masking until day 14)
- B. The child can return on day 8/11

The child was identified as a close contact to a positive but not living with contact:

- A. The child must complete 14 days quarantine (Day 1= first day of no contact with a positive person)
- B. No symptoms-return on Day 15
- C. Tested positive- Day 1= onset of symptoms/test day
 - a. Return on Day 11 with the improvement of symptoms (if present)

A person in the child's household is a close contact with a positive case and can quarantine away from the child:

- A. The child can continue care and will be closely monitored for symptoms and excluded if any develop.

A person in the child's household is a confirmed positive/close contact and can isolate from the child:

- A. Complete the 14-day quarantine (Day 1= first day of no contact with the positive person)
 - a. Return on day 15 regardless of a negative test
 - b. Test positive
 - i. Return on Day 11 with the improvement of symptoms (Day 1= onset of symptoms/test day)

The person in the child's household is a confirmed positive- cannot isolate from the child (wearing masks inside the home will not provide an exclusion from this policy):

- A. The child must follow 10-day isolation of the positive person
 - a. Day 1= start of symptoms/test day of the positive person
 - b. 10-day isolation starts over if someone else tests positive and the child cannot isolate from them
- B. The child must then complete a 14-day quarantine
 - a. Day 1 of the 14 day quarantine= Day 11 of the above-mentioned isolation
- C. No symptoms- return on Day 15 of their quarantine (Day 25 of isolation + quarantine)
- D. Test Positive
 - a. Return on Day 11 with the improvement of symptoms (Day 1= symptom onset/test day)

Coddington Learning Center COVID-19 related procedures

- Anyone five and older is required to PROPERLY wear masks at drop-off and pick-up.
 - Staff will take children's temperatures upon arrival and one time in the afternoon.
 - Refer to the symptoms exclusion section before bringing your child in.

While at School:

- Bring what your child may need while they are at school and leave it in a labeled bag in their cubby (ex. Change of clothes, a hat for outside, etc.) to eliminate back and forth.
- Nap items need to be washed once per week.
- Children age 5 and up will be required to wear masks inside. When age groups combine in the morning and at night, all children 2 and older will be required to mask.
- Children age 4 and under are encouraged to wear masks inside. Teachers will be encouraging and modeling successful mask-wearing.
- Normal illness exclusion policies are still in effect. Children of all ages will still be sent home with a temperature of 100 degrees or more. See the COVID-19 symptoms section for temperatures that require a COVID-test to return.
- Teachers are cleaning and sanitizing toys and commonly touched surfaces in between groups and throughout the day.

Return from International Travel

We will enforce and follow the COVID-19 traveler recommendations for any children or families returning to care after international travel:

- Returning international travelers will need to be tested 3-5 days after travel AND stay home and self-quarantine for 7 days after travel.
- If the test is positive, individuals need to isolate themselves to protect others from getting infected.

- If an individual is not tested after returning from international travel, they need to stay home and self-quarantine for 10 days after travel into the US.

Resources for Parents

From Children's Hospital and Medical Center Website:

<https://www.childrensomaha.org/covid-19-resource-center-for-families/>

From DHHS website:

<http://dhhs.ne.gov/Documents/COVID-19-Outline-of-Changes-to-Directed-Health-Measures.pdf>

<http://dhhs.ne.gov/Documents/COVID-19-Options-to-Discontinue-Quarantine-FAQs.pdf>

<https://www.dropbox.com/s/hmadcuih3j2xlyd/Color-Coded%20%20Phase%20Comparison%2011.13.20.pdf?dl=0>

From the CDC Website:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/early-childhood.html>

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/scavenger-hunt.html>

Mask Story Book for Children:

https://drive.google.com/file/d/1Cr_kfVojl8JFPdNnSM6CWaTN4TZssike/view?usp=sharing