

Tamarack Waldorf School

Student and Staff COVID-19 Illness Policy

Students and staff are expected to conduct COVID-19 symptom checks before arriving at school each day. We recommend using the [COVID-19 Symptom Checker](#) on the Center for Disease Control and Prevention website. There are important resources and information on their website regarding Coronavirus.

Students will be monitored for signs and symptoms of COVID-19 throughout the school day. Families and staff members are expected to inform the school of any COVID-19 symptoms, exposure, or a positive test result. Tamarack’s nurse and the Administrative Director will be tracking reported symptoms, exposures, and cases, and will be in communication with families and staff on quarantine protocol and return to school information. If a student or staff member is directed to stay home due to having COVID-19 symptoms, a positive COVID-19 test result, or a close contact with someone with COVID-19, they may not return to school until cleared by Tamarack’s nurse or the Administrative Director.

Students and staff will be asked to stay home or return home if any of the following apply:

1. The student or staff member has COVID-19 symptoms unrelated to a preexisting health condition

People with COVID-19 have had a wide range of symptoms reported—from mild symptoms to severe illness. Symptoms may appear 2 – 14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If a student or staff member has any of the above symptoms, they should get tested for COVID-19 and stay home until test results are received. The student or staff member can return to school when one of these is completed:

- 10 full days have passed since symptom onset
- Has a negative viral test result for COVID-19 and at least 24 hours free of any symptoms without using fever-reducing medication
 - Note: COVID-19 home test results will not be accepted to prove a negative test
 - We encourage students and staff to use our onsite COVID-19 testing to secure accurate results

2. The student or staff member has tested positive for COVID-19 and they must isolate for 5 full days, regardless of vaccination status

A student or staff member who tests positive and is asymptomatic	If unable to wear a mask: Stay home for 10 full days.	If able to wear a mask: Stay home for 5 full days. Return to school on day 6. Wear a well-fitted mask and socially distance during mealtimes until completion of day 10. If symptoms develop, 5-day isolation period starts over.
A student or staff member who tests positive and is symptomatic	If unable to wear a mask: Stay home for 10 full days.	If able to wear a mask: Stay home for a minimum of 5 full days after symptom onset. If at least 24 hours has passed since the resolution of fever without the use of fever-reducing medications and other symptoms have improved, then return to school on day 6. Wear a well-fitted mask and socially distance during mealtimes until completion of day 10.

3. The student or staff member has had close contact with someone who tested positive for COVID-19

The student or staff member who is exposed to someone who tests positive, regardless of vaccination status. OR Had COVID-19 within the last 90 days	If unable to wear a mask: Stay home for 10 full days.	If able to mask: Return to school. Wear a well-fitted mask for 10 full days after exposure and socially distance during mealtimes. Test on day 5 after exposure. If positive, stay home and begin isolation. If symptoms develop during the 10 days, stay home and follow up with a PCR test.
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4. The student or staff member is awaiting a COVID-19 test result.

Notes:

Calculating isolation: Day 0 is first date of symptoms, a positive test result, or exposure to someone with COVID-19.

Students and staff members with preexisting conditions that may exhibit COVID-19 symptom will need to provide a note from their doctor to return to school without testing or quarantining for COVID-19.