



COVID-19 Guidelines

ZCA guidelines are based on recommendations from the CDC and the TN Dept. of Health and are subject to change. Other sources include AAP (American Academy of Pediatrics), Vanderbilt, NASN (National Association of School Nurses), TN Dept. of Education and discussions with other health professionals. Each situation is evaluated on a case by case basis.

Common Signs and Symptoms of 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

Protocols/Procedures

Students/Staff should stay home if ill or for temperature of 100.0 or more.

Students/Staff temperatures are taken prior to entering the building each morning. Those with body temperature of 100.0 or more will not be allowed to remain at school. (Temperatures will be verified with the use of two different types of thermometers; 99.4 non-contact = 100.0 oral.)

Visitors are not allowed on campus at this time. Temperature check and mask are required if they must come in the building.

Masks are worn by students/staff on buses, including sports.

***Close contact:** within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

If anyone in the household has a COVID-19 test pending, all household contacts must quarantine until results are received. If negative – students may return to school; if positive – a student must quarantine for 14-24 days. Please follow up with school nurse for return to school date via email, smelton@zioneagles.org.

Student/staff diagnosed with COVID-19 must:

- isolate at home for a period of 10 days from the onset of their symptoms (or the date they were tested, if asymptomatic)
- AND must be fever-free (without the use of fever-reducing medications)
- AND have improvement in symptoms for at least 24 hours. **This is not optional.**

Student/staff who have been a close contact* of a person with confirmed COVID-19 must:

- quarantine at home for a period of at least 14 days from their last exposure to that individual. **This is not optional.**
- Household contacts of COVID-19 positive individuals may be required to quarantine longer, depending upon the circumstances. Consult with school nurse for guidance.

Procedures by Campus

Upper Campus:

- If a student or staff member has a positive COVID-19 test, seating charts are used to determine who has been in close contact* in the 48 hours prior to symptom onset or positive test if asymptomatic. Consideration is also made for lunch, PE and sports, etc.
- Masks are to be worn in common areas by students/staff.
- Students/staff are to “gel-in and gel-out” of class.
- Classrooms are sanitized before and between each class and disinfected at the end of the day.
- Contaminated classrooms will be closed for 24 hours, then cleaned and sanitized thoroughly.
- TSSAA COVID-19 guidelines are followed for sports.

Lower Campus:

- If a student/staff tests positive for COVID-19, parents of the class and/or grade are notified and asked to observe their student for signs of illness.
- Masks are worn at teacher’s discretion during close activities.
- Students/staff are to “gel-in and gel-out” of class.
- Classrooms/restrooms are sanitized before and between each class and disinfected at the end of the day.
- Contaminated classrooms will be closed for 24 hours, then cleaned and sanitized thoroughly.

Return to school guidelines:

1. Positive COVID-19 test with or without symptoms – may return after
 - isolation at home for a period of 10 days from the onset of their symptoms (or the date they were tested, if asymptomatic). Please confirm return date with school nurse, smelton@zioneagles.org.
 - AND must be fever-free (without the use of fever-reducing medications);
 - AND have improvement in symptoms for at least 24 hours.

2. Exposed to a confirmed/probable case of COVID-19
 - remained fever and symptom free
 - completed 14 days of quarantine (household contacts may require longer quarantine if re-exposed). Please confirm your return date with Nurse Sandy, smelton@zionaegles.org.

3. Covid-19 symptoms with written documentation from medical provider confirming illness due to another explanation may return as follows:
 - Acceptable Diagnosis:
 - Urinary Tract Infection
 - Strep pharyngitis with positive test result
 - Rash from poison ivy

 - Unacceptable Diagnosis: **Unacceptable alternative diagnoses will be treated as COVID-19 and require 10 days of quarantine unless there is a negative COVID-19 PCR test after onset of symptoms, in that case may return 24 hours after fever has resolved without fever reducing medicine and improvement of symptoms.**
 - Upper Respiratory Infection (URI)
 - Pharyngitis without positive strep test
 - Seasonal or Allergic Rhinitis
 - Viral Illness
 - Pneumonia

4. Never tested and no confirmed alternative diagnosis:
 - Completed 10 days of quarantine
 - And be fever free for 24 hours without fever reducing medication
 - And improving symptoms